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AT HOME EXCLUSIVE

CORONATION STREET'S CLAIRE SWEENEY

ON LANDING HER DREAM ROLE, JUGGLING SINGLE MOTHERHOOD AND DATING HER CO-STARS

'ACTING CAN BE TOUGH – I HAVE TO PAY THE BILLS'

'YOU NEVER KNOW WHO YOU ARE GOING TO FALL FOR'

'JAXON IS THE BEST THING THAT'S HAPPENED TO ME, HE MAKES ME LAUGH SO MUCH'

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ZARA TINDALL, THE PRINCESS OF WALES & THE DUCHESS OF EDINBURGH AT ROYAL ASCOT

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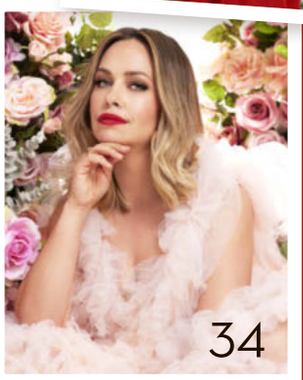

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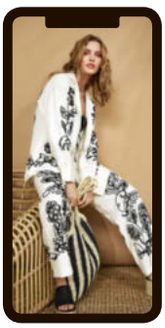

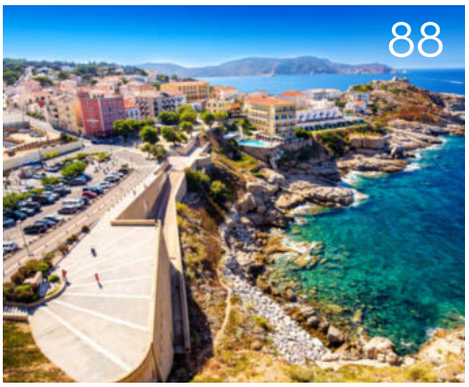

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NORTHERN STAR

‘I WONDER IF I’M MENOPAUSAL WITH MEMORY LOSS – OR IT’S JUST BEING A MUM!’

ACTRESS CLAIRE SWEENEY ON JUGGLING LIFE AS A SINGLE PARENT AS SHE LANDS HER DREAM ROLE ON CORONATION STREET

Claire Sweeney can’t stop smiling – and with good reason. After landing her dream role in *Coronation Street*, the actress, TV presenter, model, singer and most importantly, mum, is the happiest she’s ever been.

“I feel like I’ve just started on a new adventure,” smiles Claire, who with her honey-blonde locks, golden tan and clear blue eyes is practically glowing when she arrives for our *OK*! photo shoot. “I feel good. I feel confident, I feel very happy!”she says.

Claire is so happy, she’s even apologising for it. “I don’t mean to go on about it,” she grins, “but I just feel so grateful for things. I’m blessed that at 52 I still love what I do and I’ve got my son and my house. I feel great.”

After she was welcomed into the nation’s homes as *Brookside*’s Lindsey Corkhill in the 90s, Claire went on to become a TV presenter, a pop star, a radio DJ, an M&S model and a West End star.

“When things happen when you’re younger, you enjoy it and live in the moment but now I’m so grateful for it. It’s the simple things – I love my job.”

That job is playing addict Cassandra Plummer – the long lost mum of Tyrone Dobbs (Alan Halsall) and estranged daughter of Evelyn Plummer (Dame Maureen Lipman) – on TV’s most famous and long-running show, *Coronation Street*.

“Joining *Coronation Street* is a big deal,” says Claire. “I’m such a fan… I grew up with Bet Lynch, Elsie Tanner, Hilda and Stan Ogden, Jack and Vera Duckworth… it was part of my childhood and to suddenly be part of it and in that show. I can’t quite believe it.”

Acting brings glorious highs and huge opportunities but it can also be filled with change and instability that can be both exciting and hard. Now, having a routine is something Claire craves, for herself and also for her son Jaxon. “I’m very grateful to *Corrie* for stability at this stage in my life,” says Claire.

“It’s wonderful to know where I’m going to be and what I’m doing and to be able ▷

CLAIRE WEARS JUMPSUIT FROM KAREN MILLEN, JEWELLERY FROM NEXT

‘JAXON GIVES ME SO MUCH AFFECTION AND LOVE. HE’S SUCH A SENSITIVE KID’

to get into a routine with my boy and home, you know, it’s wonderful.”

Claire is posing at her tastefully decorated home in Liverpool, which she bought when she was in *Brookside* and never let go. Now she’s thrilled to make the luxury pad – which features exposed brickwork, indulgent aubergine sofas and soaring architectural arches, her base once more.

Being a versatile performer who is able to take to any stage, be it as a singer, an actor or a TV presenter, means that Claire is always in demand. However, she admits her three decades in show business haven’t been without challenges.

“Acting can be tough,” says Claire. “I’ve been lucky with a few different strings to my bow. If acting has gone quiet I’ve been able to do other things like musicals. I’ve never thought of doing anything except acting, performing and dancing. I love what I do and I have to pay the bills! I’m a single mum, and performing is the only thing I know. I’ve been doing it professionally since I was 14.”

Of course, *Coronation Street* isn’t the best thing that’s ever happened to her – that’s Claire’s young son Jaxon. The eight-year-old, who poses happily and politely for our photo shoot alongside his beloved grandmother Kathleen, lights up Claire’s world every single day. “He just makes me laugh so much,” says Claire. “He gives me so much affection and love. He’s such a sensitive kid.”

When Claire burned her hand recently, concerned Jaxon slept beside her. “I was in so much pain and Jaxon was really upset,” shares Claire. “He slept next to me in bed and the first thing he said when he opened his eyes was ‘Mummy, are your fingers ok?’ he’s so sensitive and kind and lovely, I’m really, really blessed. He’s just the best thing that ever happened to me.”

Currently Claire’s single – she split from Jaxon’s dad in 2015 – and feeling fulfilled by her family, friends and career.

“I’m open to dating but at the moment I’m so busy with Jaxon and *Corrie* and everything else,” smiles Claire. “If I met someone amazing then that would be lovely but it’s out of my hands.”

Love can be even harder to find if you go looking for it, at least that’s Claire’s experience. “You meet people when you least expect it – that’s fate! You never know who you’re going to fall for,” says Claire. “I don’t feel there is a void in my life. I get all a mother wants off my son, all my attention on stage and all my male company with my friends!”

One thing Claire doesn’t think is likely to happen is a fling with a co-star.

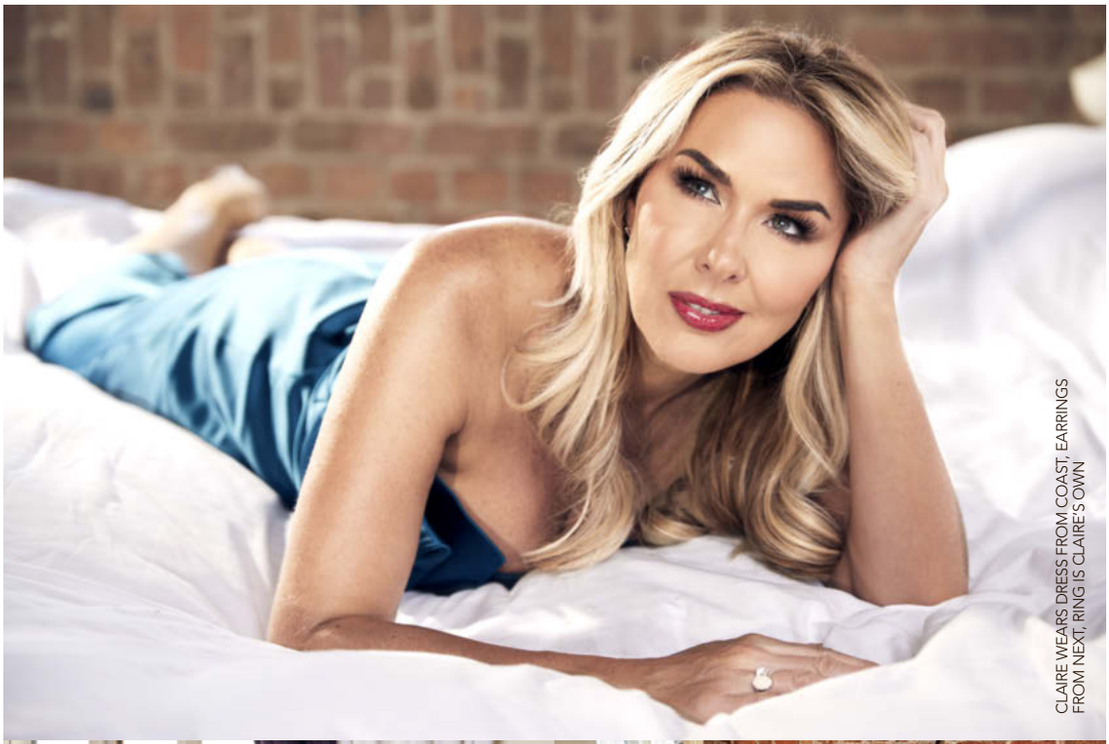
“I’ve always kept work separate from my private life,” laughs Claire. “It’s not a rule but it’s never happened yet!”

Lots of celebrities slip into each other’s direct messages on exclusive dating apps like Raya, but Claire has decided that swiping isn’t right for her.

With her vivacious personality, Claire ▷

CLAIRE WEARS SUIT FROM KAREN MILLEN, HEELS FROM NEXT. JAXON WEARS SUIT FROM NEXT, TRAINERS FROM RIVER ISLAND

‘DATING APPS AREN’T FOR ME. I PREFER ORGANIC, OLD-SCHOOL MAGIC’



CLAIRE WEARS DRESS FROM COAST, EARRINGS FROM NEXT, RING IS CLAIRE'S OWN

Proud mum Claire with her son Jaxon in their stunning waterfront home

prefers real-life interactions because that's where the magic happens.

"I tried Raya but it wasn't really for me," says Claire. "I like to meet people and talk to people. Sometimes you see someone and you don't think you're going to be attracted to them but then they make you laugh or they have a fabulous brain and there is that connection! I prefer that organic, old-school magic."

If anyone was going to help Claire find love, she'd like it to be a friend who knows her well and understands what she needs.

"The best way to find love is to have friends introduce you," says Claire. "But I'm really happy as I am at the moment. I can't believe I'm in *Corrie* and I want to focus on that at the moment and Jaxon."

One of the important people in Claire's life is her powerhouse agent Melanie Blake who helped her realise her lifelong dream of appearing on *Coronation Street*.

"The day I met my agent Melanie she said, 'I'm going to get you in *Corrie*!'" gasps Claire. "And my God it's happened! How brilliant is that?" ▷

CLAIRE WEARS SUIT FROM KAREN MILLEN

As Cassie in *Corrie* with Dame Maureen Lipman

‘TO WATCH DAME MAUREEN WAS A MASTERCLASS’

Claire’s character Cassandra doesn’t make her debut until Wednesday (28 June), but Claire already thinks she’s done the best work of her career. On her second day she filmed a 14-page two-hander scene with Dame Maureen Lipman, who plays her cantankerous mother Evelyn.

The memory will stay with Claire for a lifetime and she rates it above starring with late legend Patrick Swayze in West End musical *Guys And Dolls*.

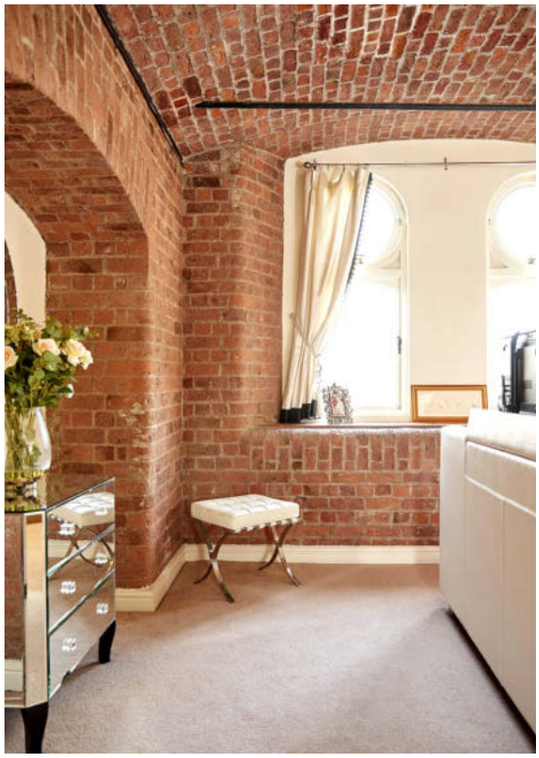
“It was lovely being on stage with Patrick Swayze,” says Claire. “I’ve loved all of that but that scene with Dame Maureen Lipman is my career highlight. She’s one of England’s best actresses, to watch her was a masterclass. For me it doesn’t get any better. The quality of the scripts is fantastic. You’re doing top-class drama with great actors.”

Coronation Street’s Evelyn might have a sharp tongue but actress Dame Maureen has showered Claire with warmth and kindness since she started filming in May.

“The night before we did our first scenes together, Maureen and David ▷

CLAIRE WEARS JUMPSUIT FROM KAREN MILLEN, JEWELLERY FROM NEXT

With her mum Kathleen in Claire's glamorous Liverpool apartment



'MY MUM LOOKS FANTASTIC FOR HER AGE – I'VE GOT HER GOOD GENES'

Neilson, who plays Roy Cropper, took me for dinner," reveals Claire. "It was nice because we both had quite a few mutual friends in theatre and she was so kind, as was David.

"It was a lovely thing to do and I'm eternally grateful for that because I wasn't seeing them for the first time on set. It just broke the ice beautifully."

Claire's character Cassie is Evelyn's daughter and Tyrone's mother, which makes her grandmother to Hope and Ruby.

However, Claire isn't precious about playing a granny. She laughs, "Women my age are grandmothers. It's just that I left Jaxon late. It will be lovely playing a grandmother in *Corrie*."

Unlike Claire, who lights up a room with her vivacious smile and glamorous aura, Cassie appears bedraggled and beaten by life in her beige hoodie, grimy baseball cap and oversize denim jacket.

For Claire, it makes a nice change slouching around on set and inhabiting a character so different from herself. "I quite like her look because it's so far removed from me," says Claire. "They've done a great job making Cassie look so different from me. I've played lots of glamorous parts so I'm enjoying this challenge!"

On the day of our shoot, Claire is effortlessly glamorous and credits her gorgeous mum Kathy, 75, with passing on her good genes.

"My mum looks fantastic for her age – I've got her good genes," she says.

To complement those genes, Claire takes Pilates reformer classes, enjoys hot yoga and eats healthily.

"I look after myself, I don't smoke and I only have the odd glass of wine every now and then," says Claire. "I do hot yoga and Pilates and I eat quite healthily. I just look after myself."

Claire's currently perimenopausal and is happy that women are finally having a conversation about it and helping each other through the transition.

"It's fantastic that women are talking about it," says Claire.

"I remember my mum going on HRT patches for hot sweats. But I don't remember all these conversations about ▷

THIS PAGE: CLAIRE WEARS JUMPSUIT FROM KAREN MILLEN, JEWELLERY AND SHOES FROM NEXT
KATHLEEN WEARS BLOUSE AND TROUSERS FROM RIVER ISLAND, SHOES FROM MODA IN PELLE

CLAIRE WEARS JUMPSUIT FROM COAST, JEWELLERY FROM NEXT
JAXON WEARS SUIT FROM NEXT, T-SHIRT FROM RIVER ISLAND

Claire and Jaxon are delighted to be back home in Liverpool

CLAIRE WEARS JUMPSUIT FROM COAST, HEELS FROM CARVELLA, JEWELLERY FROM NEXT
JAXON WEARS SUIT FROM NEXT, T-SHIRT AND TRAINERS FROM RIVER ISLAND

menopause when I was younger. I think it's great."

So far Claire has found herself suffering from occasional anxiety but her doctor has helped her find solutions.

"I'm not in the menopause at the moment," explains Claire. "I'm what they call perimenopausal. But it does affect you. I get a bit of anxiety sometimes but I've got it in hand because I'm taking the things you need to take to keep it in hand."

Though Claire jokes that she doesn't know whether occasional lapses in memory are down to hormones or simply being a working mum.

"Sometimes I wonder if I'm menopausal with memory loss," laughs Claire. "But sometimes I think, 'Maybe I've just got a lot on! I'm a single mum, I've got a lot to remember!'" OK!

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POLE POSITION

‘WHAT A WINNER! IT’S REALLY KEEPING THE DREAM ALIVE’

AN EMOTIONAL MOMENT FOR **KING CHARLES AND QUEEN CAMILLA** AS THEIR HORSE RIDES TO VICTORY AT ROYAL ASCOT

A smiling King and Queen wave to the Ascot crowds

The Queen chuckles as the overwhelmed King fumbles with the trophy

Jockey Tom Marquand rides the King's horse Desert Hero to victory

The King shakes hands with gold cup winner Frankie Dettori

One of the most glamorous and highly-anticipated weeks in the royal calendar is over for another year – and it saw an emotional triumph for King Charles and Queen Camilla. The new monarch and his wife shed a tear as they secured their first Royal Ascot win and saw their horse Desert Hero race home to victory in the King George V stakes.

The heartwarming moment on Ladies Day was sealed when the Duke of Kent presented the King and Queen with their trophy. Slightly overcome with the excitement, King Charles briefly knocked over the silver cup on the podium, but order was quickly restored and he joked with his jockey, Tom Marquand.

The thrill of the win was shared by the King's niece, Zara Tindall, who said, "It's bittersweet to think how proud and excited the Queen would have been. To have a winner for Charles and Camilla and to keep that dream alive. And besides all that, what a race!"

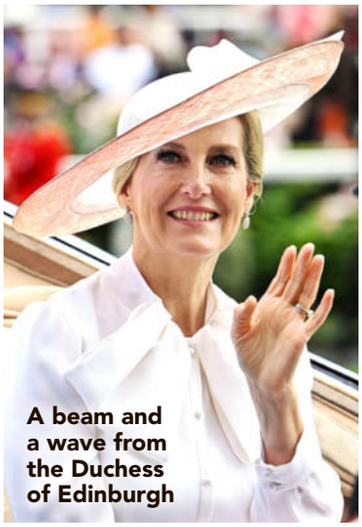
The late Queen Elizabeth II was an avid racing fan and during a long career in horse breeding she saw 566 wins and had runners in nearly 3,500 races – equating to £8.7 million in prize money.

She was inducted into the QIPCO British Champions Series Hall of Fame ▷

The Prince and Princess of Wales join the royal procession

A trip to the races for Mike and Zara Tindall

The King and Queen follow all the action



A beam and a wave from the Duchess of Edinburgh

The smiling Princess Royal drives by in her carriage

William and Kate with Princess Beatrice and Edoardo Mapelli Mozzi

in 2021 and became the first person to gain membership within the Special Contributor category.

King Charles and Queen Camilla were not the only royals attending the four-day horse-racing spectacular, as other members of the family joined them, including the Prince and Princess of Wales, the Duke and Duchess of Edinburgh and the Princess Royal.

On the first day of Royal Ascot, the King and Queen were joined in their landau by the Duke and Duchess of Wellington, while Princess Anne was accompanied by the Queen's sister Annabel Elliot and her family in a second carriage.

Four landaus made their way down the Straight Mile in the royal procession, which has signalled the start of the meeting since 1825.

Taking part in the carriage processions during the four days of the event were Zara and Mike Tindall, Lady Sarah and Daniel Chatto, the late Queen Elizabeth's former racing adviser John Warren, and ▷

Josie Gibson cheers as Jimi Hendrix romps home in the Royal Hunt Cup

Lilac lady Amanda Holden

Looking the part in a two-piece is actress Sabrina Elba

Georgia Toffolo looks cool in blue

composer and impresario Lord Andrew Lloyd Webber.

The final day finished in spectacular fashion with the King and Queen at the head of a procession of landaus that carried the Prince and Princess of Wales, Princess Beatrice and her husband Edoardo Mapelli Mozzi, and the Duchess of Edinburgh.

Given pride of place in the fourth carriage was acting legend Dame Judi Dench, 88, and her partner, David Mills. Dame Judi, who was made a Companion of Honour by the late Queen Elizabeth II in 2005, also attended the coronation of King Charles and Queen Camilla in May.

Other celebrities at Royal Ascot included *This Morning* presenter Josie Gibson, Amanda Holden, Charlene White, actress Sabrina Elba, Lioness Jill Scott and *Made In Chelsea*'s Georgia Toffolo. OK!

WORDS: REBECCA RUSSELL PHOTOS: GETTY, ALAMY, PA, GOFFPHOTOS.COM, TIM MERRY

The Princess of Wales makes a statement in red

Princess Beatrice and her husband Edoardo Mapelli Mozzi

A fun-filled day at Ascot for the Duchess of Edinburgh

Kate is led through the gallery – with Hayter's portrait of Queen Victoria in the background

The Princess takes a tour of the newly restored National Portrait Gallery

STATE OF THE ART

‘THE PRINCESS CARES ABOUT CULTURE AND ART’

THE PRINCESS OF WALES IS JOINED BY STARS AT THE NATIONAL PORTRAIT GALLERY’S GRAND REOPENING

The Princess of Wales indulged in her artistic passions last week as she joined musical royalty Sir Paul McCartney to reopen the National Portrait Gallery after an intensive three-year restoration project. As their patron, Kate – who was wearing a stunning Self Portrait white midi dress with pleated skirt and bouclé jacket – was invited along for the event before the London gallery welcomed back members of the public.

Aside from rubbing shoulders with the former Beatles singer and bonding over their shared love of photography, Kate spoke with award-winning British artist Tracey Emin, whose 45 hand-drawn female portraits have been cast in bronze as artwork for the gallery’s new entrance.

While the Princess toured the colourful rooms of the Duveen wing and the Yevonde exhibition, Nicholas Cullinan, director of the National Portrait Gallery, explained, “To have a senior member of the royal family who really cares about culture, museums and art, and is knowledgeable and supportive, is such a great thing for this country.”

Elsewhere during her visit, Kate flexed her knowledge from her work in early years development when she visited The Mildred and Simon Palley Learning Centre, which has doubled its capacity for young learners ▷

Kate with Sir Paul McCartney (above), Tracey Emin (right) and kids at The Mildred and Simon Palley Learning Centre (below)

as part of the gallery's redevelopment. The royal noted the importance of introducing children to creativity that "captures their imagination", before praising three-year-old Raini for her painting of "buzzy bees".

The Princess has showcased her own artistic flair a number of times over the years, whether it's by taking her children's birthday portrait photographs, or when one of her drawings was featured on her sister Pippa's order of service when she married James Matthews in 2017.

Prince George, nine, has soaked up his mother's love of art. Last year, to celebrate Christmas Day, his parents shared a painting he had done of a reindeer and robins in a snowy scene.

A talent for the arts clearly runs in the Windsor side of the family too, as both King Charles and the late Prince Philip have been notable artists. The monarch has been pictured with paintbrush in hand everywhere from the ski slopes of Switzerland to the Imperial Palace in Japan. Last year, 79 of his watercolour paintings were exhibited at the Garrison Chapel in Chelsea.

Former BBC royal correspondent Jennie Bond praised George's talents, telling *OK!*, "George seems to be a chip off the old block. Prince Philip and King Charles were both incredibly talented, and Kate is very knowledgeable and interested in art… and judging by George's genuinely impressive painting, he is also pretty handy with a paint brush." OK!

WORDS: REBECCA RUSSELL PHOTOS: GETTY, PA, REX/SHUTTERSTOCK, AP

Guests at the reopening of the National Portrait Gallery, after its major redesign and transformation, included (clockwise from above left): human rights activist Bianca Jagger, singer Paloma Faith, female education campaigner Malala Yousafzai, artist and broadcaster Grayson Perry, singer Courtney Love, fashion designer Ozwald Boateng, and actress and *Strictly* champion Rose Ayling-Ellis

POMP AND CEREMONY

THE ROYALS HONOUR GARTER DAY

THE KING AND QUEEN, WEARING VELVET ROBES AND PLUMED HATS, LEAD THE ORDER OF THE GARTER PROCESSION AT WINDSOR CASTLE

King Charles attends his first Garter Day as monarch, accompanied by Queen Camilla

Just two days after the royal family gathered to witness the military splendour of the Trooping the Colour parade in London, senior members of the family travelled to Windsor for another celebration.

Equally steeped in historical significance, the Order of the Garter is the oldest order of chivalry in Britain and is marked by a procession and a service at St George's Chapel every June, with a number of royals and other key public figures in attendance.

Dressed in their eye-catching ceremonial dark blue mantles and Tudor bonnets with ostrich feather plumes, the King and Queen joined the Prince of Wales, the Duke of Edinburgh, the Princess Royal and the Duke of Gloucester as they made their way through the grounds of Windsor Castle. One noticeable absentee was the Duke of York, who, despite being a member of the order, did not participate in the procession.

The Princess of Wales, the Duchess of Edinburgh and the Duchess of Gloucester joined their husbands for the occasion. While Kate opted for an elegant polka dot Alessandra Rich dress and Philip Treacy hat, Sophie – who was marking her 24th wedding anniversary with Prince Edward on the same day – chose a summery floral number by Emilia Wickstead.

Royalty aside, also present were former prime ministers Sir Tony Blair and Sir John Major, who watched on as former Labour minister Catherine Ashton was made Lady Companion and Chris Patten, the final governor of Hong Kong, became a Knight Companion. After the service, a procession of four Ascot Landau coaches carried members of the royal family away as they waved to the crowds.

Dating back to medieval times, the Order of the Garter is the most senior knighthood in the British honours system, only outranked by the Victoria Cross and the George Cross. Any new Knights of the Garter are chosen at the discretion of the King, usually in recognition of a national contribution for public service, or for personal service to the monarch. OK!

WORDS: REBECCA RUSSELL
PHOTOS: GETTY IMAGES

Clockwise from top left: the Prince and Princess of Wales, the royals leave the chapel in horse-drawn carriages, Kate and Sophie enjoy the procession, Queen Camilla in full ceremonial dress

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IN THE PICTURE

THE ROYAL WEEK

THE KING MARKS THE 75TH ANNIVERSARY OF WINDRUSH, AND PRINCE WILLIAM GETS SPORTY FOR A DOCUMENTARY

After the first day of Royal Ascot on Tuesday, the King met Ukraine's Prime Minister, Denys Shmyhal, at St James's Palace. Their talk came the day before an international conference on the reconstruction of Ukraine.

Also on Tuesday, one day before his 41st birthday, the Prince of Wales, who is President of the Football Association, visited St George's Park in Burton-on-Trent to meet the England women's team and wish them luck ahead of the 2023 FIFA Women's World Cup.

Across the week, royals marked the 75th anniversary of HMT Empire Windrush's arrival at Tilbury Docks. A previously unseen photo was issued of the King laughing with Alford Gardner at a Buckingham Palace reception.

Mr Gardener was also pictured with the Prince of Wales at home in Leeds for an upcoming Pride of Britain documentary about Windrush. Prince William put his cricket skills to the test at a special party for the documentary at Headingley Cricket Ground, Leeds. And the King greeted Baroness Floella Benjamin following a service held at St George's Chapel, Windsor Castle. OK!

WORDS: REBECCA RUSSELL. PHOTOS: GETTY, PA, JULIAN HAMILTON/DAILY MIRROR, REX/SHUTTERSTOCK

A BRUSH WITH THE STARS

‘DOING MAKE-UP FOR CELEBRITIES AND ROYALTY IS ALL ABOUT TRUST’

A-LIST MAKE-UP SUPERSTAR **HANNAH MARTIN** ON HER RISE TO THE TOP AND THE SECRETS TO ACHIEVING HER SIGNATURE GLAMOUR FOR A FRACTION OF THE PRICE

She's the woman who makes famous faces look picture perfect, but make-up artist Hannah Martin admits she's finding it strange being on the other side of the camera lens. "I do loads of make-up tutorials, but posing in big ball gowns, that's a first," she laughs.

Despite being out of her comfort zone, something tells us that today's glam shoot will be the first of many for the 40-year-old beauty star. In a hard-grafting 20-year career, she's gone from being the keenest bean on the Bobbi Brown counter to somebody who paints the faces of A-listers, supermodels and royalty. Her signature glowy aesthetic was most famously seen on Princesses Beatrice and Eugenie when they walked down the aisle to gasps of admiration.

Today, Hannah is stepping into the spotlight herself as the face of a new limited-edition collection she's curated for *OK*! Beauty Box. It's the perfect way to recreate her effortless style for less, with 11 covetable products worth more than £255 but available for a very affordable £60. "There's nothing complicated, just beautiful, natural make-up," she says. "It's all about looking like an enhanced version of yourself."

Hannah, you're famous for working with members of the royal family – how did that come about?
It's all word of mouth. It was all very organic, the building of those relationships. And actually, it's lovely now that they're such long-standing, comfortable relationships.

Were you stunned when you were first approached?
Yeah, of course. It was like, "Gosh, this is bonkers." And then, like with any clients, you just want to make sure that they feel OK. Like with all relationships, it's about gaining trust. With those [royal] relationships, there have been the odd occasions where there's been the green light to share [pictures online], but I will never, ever assume that I can share behind-the-scenes photos of any of my clients. Every now and again, there's a green light, but it's always at their lead.

You've done a couple of royal weddings now. What was that like?
It's a huge compliment to be asked to work with anyone on their wedding day, as it's such a special moment in their lives. To be entrusted to be that person who's there in the intimate moments beforehand. And it's a huge compliment for me because it's my favourite kind of aesthetic. It's like "natural with a trowel" – you want to set the right tone of make-up that's lightweight and fresh – but enough to stand up next to these big gorgeous gowns.

Do you ever think, "How am I setting up my kit in a royal palace?"
[Laughs] Abso-bloomin-lutely. ▷

A coronation weekend snap with Princesses Beatrice and Eugenie, the Duchess of York and hair stylist Ben Cooke

HANNAH WEARS: DRESS FROM FOREVER UNIQUE, SHOES FROM PNINA TORNEI FOR NATURALIZER

‘MY FIRST CELEBRITY WAS MINNIE DRIVER, I WAS A SWEATING WRECK’

With Dame Laura Kenny and hair stylist Jen Acton

Does it feel surreal creating make-up that’s going to be part of history?
Yeah, that’s a mad thought and one you can’t overthink too much beforehand or you’d just be crippled.

Your hands would be shaking far too much to hold a brush...
Yeah, I did have a recurring nightmare for two months after an event that I had dropped a loaded lip brush down a dress. I didn’t. But looking back, I think the anxiety of it all played out afterwards. I managed to keep it together at the event, but afterwards my brain went “boom”!

Was this a white royal wedding dress by any chance?
[Laughs] It might have been.

You shared a snap from the coronation when you did Princesses Beatrice and Eugenie’s make-up and their mum, Sarah, Duchess of York, too. What was that day like?
It’s a huge compliment to be asked and it’s something I don’t take for granted. I was a child of the 80s when Princess Diana and the Duchess of York were such huge icons. I adore the duchess and I have huge respect for her. She’s been really good to me over the years. I thoroughly enjoy my time with them and I feel very honoured.

Tell us about your first-ever celebrity client. Who was it?
It was 2007, and it was Minnie Driver for *The Graham Norton Show*. I remember being really hot because I’d tried to look really smart so I was totally overdressed. She asked for lashes and I didn’t have any so I had to run up and down the corridors until I found some to borrow. And then she said, “I think the make-up is too strong, it’s too much bronze, you need to take it right down.”

Oh, how awkward!
Yes, so I took it off, but all the while I’m thinking, “She needs to be warm because of the golden tones in her skin.” Then she wanted a second opinion, so I fetched the lady who gave me the lashes, and she said, “You look beautiful, Minnie, but I think you need a bit more warmth.” I was silently like, “Yes!” as I put all the bronzer back. It was probably one of my hardest experiences but I learned from it. Now I’ve got the confidence and skills to manage something like that, but then I was a sweating wreck.

One of your most famous clients is Dame Helen Mirren. What’s she like to work with?
She’s just so, so fabulous. She’s achingly cool. She breaks all the stereotypes of what a mature actress should be like. Even without hair and make-up she just stands out, she has such cool body language. And the conversation with her is just fascinating.

What does it take to be a great celebrity make-up artist, other than talent?
It’s about people skills and interpreting non-verbal communication. It’s about being the biggest cheerleader when somebody needs it, or being the quietest, most discreet person if necessary. There have been numerous ▷

HANNAH WEARS: DRESS FROM MILLA LONDON

HANNAH WEARS: DRESS FROM ROWLEY HASSELBALLE

times where I've found myself in really stressful situations, and it's like, "Right, this conversation is going in such a way that I shouldn't be privy to this information." So I'm not going to wait to be asked to leave, I'm going to very quietly step out.

And now you have created your own *OK*! Beauty Box edit. How would you sum it up?
It's daily essentials you can dip in and out of, but it's also a look in one. It's my favourite kind of summer look, with glowy sun protection, soft bronzy eyes, gorgeous lashes and glossy lips. It's easy to use and it suits everyone, all skin types and tones. That's the thing I'm most proud of. I don't think anyone could look at the contents and think, "I'm not sure that's for me."

When do you think your passion for beauty began?
When I was little, I thought my mum was the most glamorous person in the world. She would sit at her dressing table and do her make-up every day without fail. And I would sit utterly mesmerised at the transformation. I'd watch in awe and I remember thinking, "I cannot wait until I do that to myself."

And when did you discover that you were good at make-up?
One of the key memories was being allowed to play with my friend's mum's red lipstick. And I put it on absolutely perfectly. I remember all the adults in the house being like, "Who did that?" They couldn't believe it was me. Then when I was a teenager, I started experimenting with make-up and thinking, "Ooh..." ▷

‘I HAD A RECURRING NIGHTMARE THAT I DROPPED A LOADED LIP BRUSH DOWN A DRESS’

How did make-up become a career?
It was actually my plan C. Plan A was theatre school, but I just didn’t get in anywhere and I was gutted. Then I had a really rushed plan B, which was to do nursing. I just found some elements of it really stressful and I knew I couldn’t do it for the rest of my life. I remember sobbing to the careers counsellor, “I just want to study theatrical make-up,” and she was like, “Well, why don’t you?” In that moment, she gave me permission to pursue my dream. Saying that make-up is my plan C makes it sound like I fell into it, but that couldn’t be more wrong. I’ve always loved make-up. I just didn’t know I could make a career in it.

So what did you do to figure it out?
I never went to make-up school. The lightbulb moment was having a conversation with the therapist on the Benefit counter in Debenhams in Oxford, and saying, “Wow, I would just love to be a make-up artist.” And this chick was like, “Well, here’s my manager’s number.” The next Saturday, I was on the counter.

How did you go from beauty counter to celebrity make-up artist?
My husband and I moved to London so I could pursue make-up seriously, but we were so broke I couldn’t even buy a travelcard to get into London to network. So I got a job in the Fenwick beauty hall, right opposite the Bobbi Brown counter with people doing make-up all day long. I started calling their area manager every day saying, “I’m desperate to work for you,” until boom, I was in. Any extra make-up job that came up, I said yes to. Word got around that I was a yes girl, and within a few years I was on the Bobbi Brown global artistry team, doing fashion shows, magazine shoots and celebrities.

And how do you get the right balance between work and family life?
It’s really tricky and I’m learning to be better with boundaries. A job came up and it was a client I love but it was also my 40th birthday and I knew my husband and kids wanted to celebrate with me. So I said no – but I did find it really hard.

Your new book, *Makeup: A Masterclass In Beauty*, is already a bestseller, tell us about it...
My Instagram platform is quite educational, and people come to me with lots of questions and problems. I thought, why not just try to just put everything onto paper so you’ve got my advice on it all in one place?

Your DIY Instagram makeovers always show your “before” as well as the “after” – was that important?
Massively, because I couldn’t stand the whole falseness or the CGI. None of that is real make-up. I never want to be the reason that someone looks on Instagram and goes like, “Oh, I feel bad about myself.” So if it means that I sit there, with spots, flaky skin, redness, whatever, I’ll do it and then show in real time what it takes to create gorgeous make-up.

Finally, what’s your advice to anybody who wants to be a make-up artist?
If there’s one word, it would be perseverance. Initially, no job is beneath you. Take all the experience and character-building opportunities you can. A few young make-up artists have risen to astronomical heights thanks to social media, but that’s rare. I think there’s so much to be said, in make-up artistry, for taking the stairs. Because if you take the lift, there’s so much you’re going to miss along the way. OK!

TURN TO PAGE 80 FOR FULL DETAILS ABOUT ALL THE PRODUCTS IN HANNAH’S *OK!* BEAUTY BOX AND INFORMATION ON HOW TO ORDER, WHILE STOCKS LAST

STYLE DIRECTOR: MICHELLE DARLOW WORDS: LYNNE HYLAND STYLING: HARRIET WHEELER PHOTOGRAPHER: CATHERINE HACK HAIR AND MAKE-UP: JESSICA DOYLE SET DESIGN: WARREN BUSHAWAY AT LONDON EVENT FLORIST

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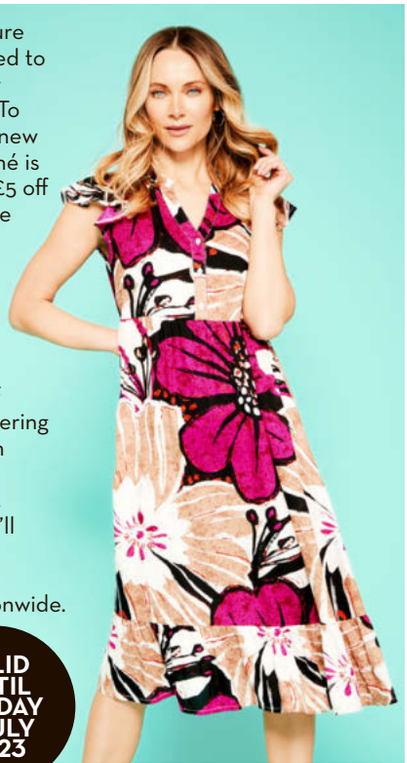

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I'M BE BEST -

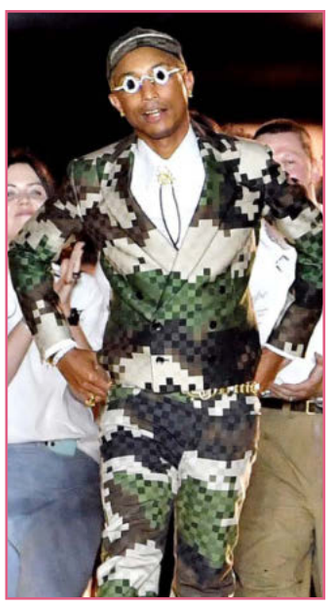
OUR COLUMNIST OPENS UP ON SUMMER BODY PRESSURE, LOVE ISLAND DRAMA AND WHY SHE WON'T BE HITTING THIS YEAR'S FESTIVALS

FRESH FROM THE CATWALK

Congrats to Pharrell Williams for making his debut at Louis Vuitton. The show was full of A-list stars like Rihanna, Beyoncé and Jay-Z.

But it was especially exciting for me to see rapper Dave, our home-grown Dave from Streatham, strutting his stuff in Pharrell's items on the catwalk. I love the fact that he's branching out into more areas and highlighting his stardom.

There were some really nice glasses and sandals in the show. I actually wanted to treat myself to the sandals, but they didn't have my size!



PHOTOS: GETTY, REX/SHUTTERSTOCK

ISLAND LIFE

The producers this summer are bringing all the drama to *Love Island*. Every few days there's a new twist.

I'm not convinced about the connection between Mehdi and Whitney, but they know what they're feeling.

I'm really concerned about Catherine – she's had some of the hardest times in the show so far. I want her protected at all costs!

ING MY - FOR ME!

WE'RE ALL SUMMER READY

We had Hot Girl Summer and now I've heard the new slogan Rat Girl Summer, which just means being your authentic self. I don't think we need any of these labels.

Why is Hot Girl Summer defined by society's standards? For me, my Hot Girl Summer is about wearing the clothes that suit my body, being comfortable in myself, looking as fabulous as I can when I want to, meeting friends and having a good time. It doesn't mean I'm trying to fit into summer's favourite bikini or killing myself in the gym. I'm being the best that I can be, for me. Just do you!

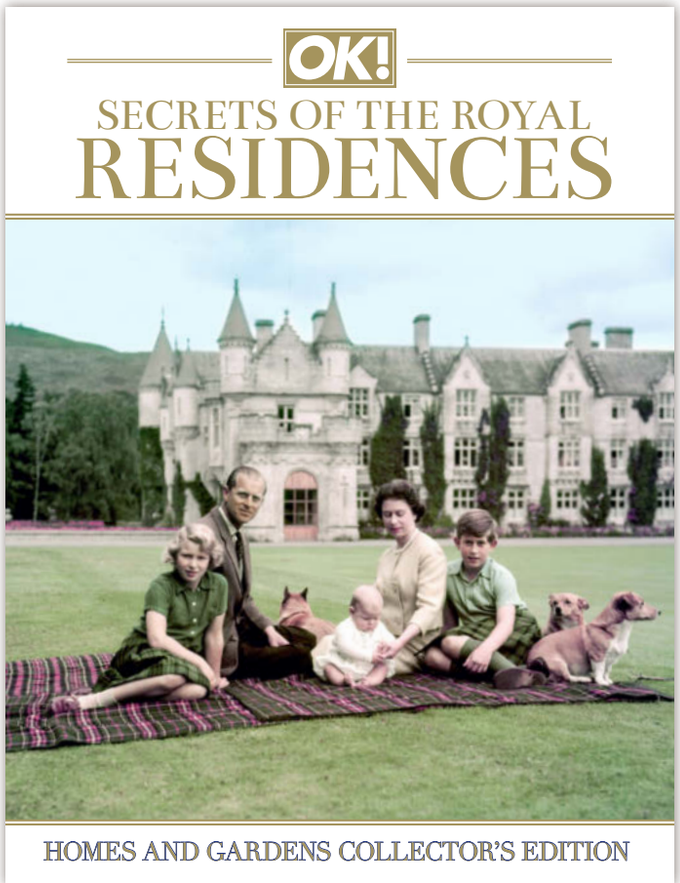
FESTIVAL FEELINGS

I'm not going to any festivals this year – I'd prefer to go to a carnival in St Lucia! The only type I might consider is a day festival like Garage Nation or 51st. I've been to 51st before and it's packed with funky house and R&B. I don't mind going to a day festival, but I'm not here to sleep in the mud.

I wish I'd gone to Ibiza and hit the festival scene when I was younger. Young people should experience those things, but be safe.

I want to say a massive congratulations to Big Narstie for five series of his show, *The Big Narstie Show*. He's made history, and won a Bafta, and I think so many seasons is a great achievement. But everything comes to a natural end, and five seasons is amazing. He brought a totally new show to the channel – and I was on it a few times. I really hope he has great success on his next endeavour, whatever that might be. OK!

ON SALE JUNE 29



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THE LO-DOWN

NOW SHE'S JENNY IN THE FROCK

AS SINGER, ACTRESS AND MOTHER **JENNIFER LOPEZ** OPENS UP TO *VOGUE* MEXICO, WE CELEBRATE A STYLE ICON

Latina powerhouse Jennifer Lopez is a woman of many incredible talents so you would be forgiven for thinking nothing daunts her.

But it turns out there is one thing that fazes the 53-year-old – balancing her life as a global superstar while raising her two children, 15-year-old twins Max and Emme.

Discussing the struggle of bringing up teenagers who are now fully aware of who their mother is and her international stardom, J.Lo says it takes work, especially as they start to question her choices.

"You will always adore your children," she told *Vogue* Mexico & Latin America. "There is an acceptance they have of you. And then as they get older, they start to wonder, 'Why are we doing this? Why is my mom doing that? Do I have to do it too?', that's when they start to challenge you."

Raising the children she shares with ex-husband Marc Anthony throws up its own challenges and creates a "different relationship" they need to navigate together, she says.

In her cover shoot with the magazine, the style icon looked sensational. And there's never been a shortage of designers keen to dress her. Who can forget the daring green Versace dress she wore at the Grammys in 2000, then again on the Versace catwalk almost 20 years later? ▷

Wearing Dolce & Gabbana

In Giorgio Armani

VOGUE
MÉXICO
+30 TENDENCIAS IMPERDIBLES DEL MOMENTO
JENNIFER LOPEZ
"Ver y escuchar que la música en español es un éxito global, es emocionante"

VOGUE
JENNIFER LOPEZ
"Ver y escuchar que la música en español es un éxito global, es emocionante"
+30 TENDENCIAS IMPERDIBLES DEL MOMENTO

In one shot she showed off her famously toned physique in a tight siren-red Dolce & Gabbana dress and coat.

In another stylish set of photos, the singer teamed chunky Kate Cate boots with a velvet coat and bodysuit by Dior Haute Couture. Going for the hat-trick of luxury labels, she also donned a stunning nude-coloured Giorgio Armani bodysuit.

The star is usually happy to discuss her life with husband Ben Affleck, 50, but tries to shield her twins from the glare of the paparazzi. But when celebrating their birthdays, she publicly declared to them, "You have taught me the true meaning of life and changed me forever in the most amazing way… I am so grateful for you both. I only hope I can be half of the blessing you have been to my life."

To mark her journey to global megastardom, Jennifer is about to release her new album *This Is Me… Now*, a follow-up to her 2002 album, *This Is Me…Then*.

Twenty one years on, J.Lo is not only an actress and singer, she's an advocate who is fiercely proud of her Latina roots and has battled to break out of Hollywood typecasting.

Speaking to *Vogue*, Jennifer says she had to stand firm to play an average woman rather than the Latina girl with "an accent".

"We gradually changed because I stood my ground. I just wanted to play 'a girl', you know, I didn't even want to know what her last name or her first name was."

Whatever she did clearly worked, and along with Grammy Award nominations to her credit she also has many hit films such as *Out Of Sight*, *The Wedding Planner* and *Hustlers*.

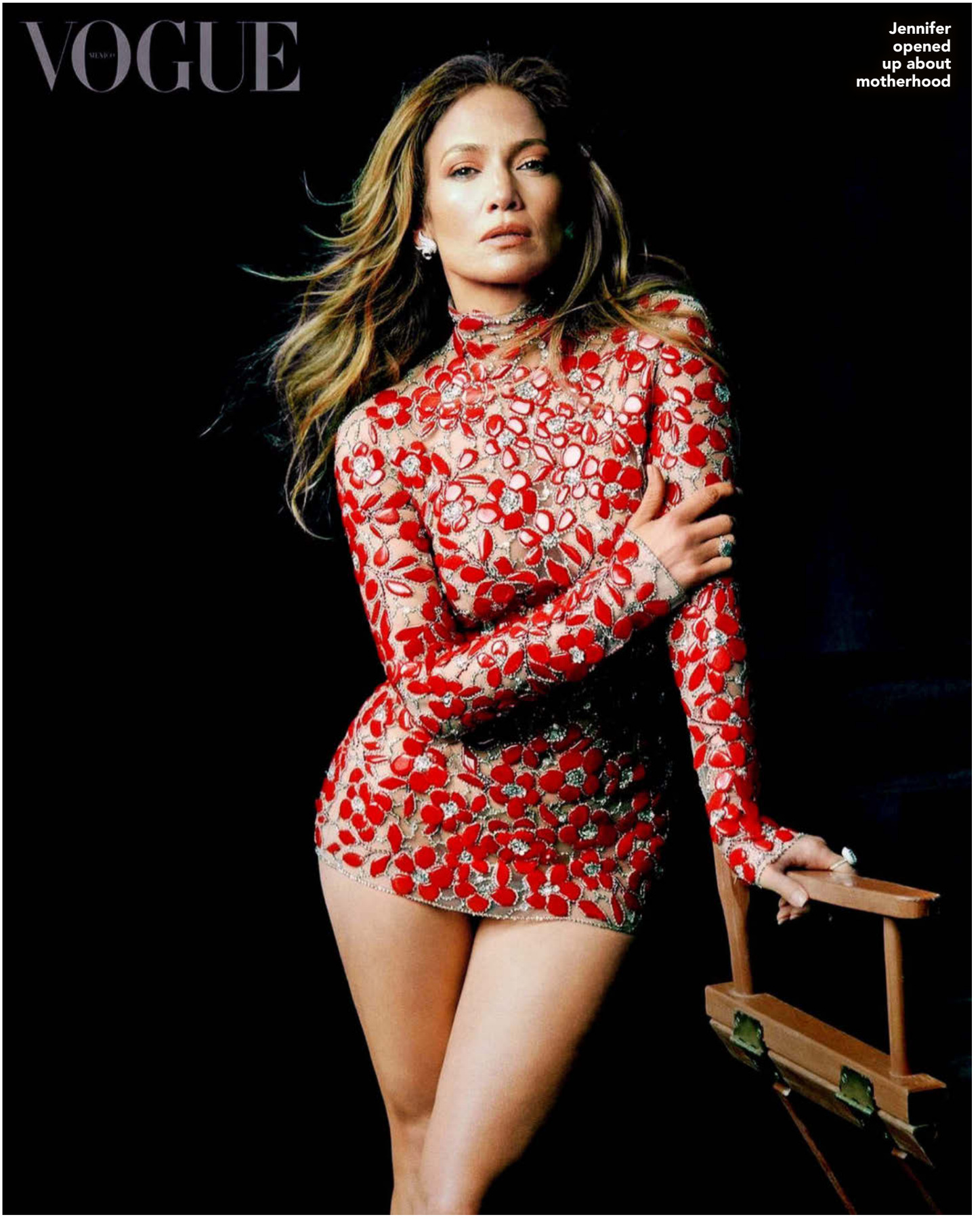
Recently, she garnered rave reviews for her portrayal of a trained assassin trying to protect her daughter in Netflix film *The Mother*.

"What attracted me to it was really, I'm a mom obviously and kind of exploring what is the best version of a mother you can be?," she said at the time. "Anybody who's a mom out there knows that the minute you know you have life inside of you, your whole world changes."

Embodying her on-screen characters, she says, gives her the chance to reflect on her own life.

"And I think by doing *The Mother* it really helped me to overanalyse it, because when you're living your life you're not really analysing it, but when you're working on a character, you go deeper into what they're going through." OK!

WORDS: MITYA UNDERWOOD
PHOTOS: @NORMANJEANROY FOR VOGUE MEXICO



Jennifer opened up about motherhood

Emma and Matt have been married for 15 years

WHAT'S COOKING?

'IT'S NICE TO HAVE A CHANCE TO HANG OUT TOGETHER'

MATT AND EMMA WILLIS ON JOINING FORCES IN THE KITCHEN, CHORES WARS, AND WHO PLAYS HEAD CHEF AT HOME

Emma and Matt Willis are celebrating 15 years of marriage in July, and what better way to do it than by filming a television show together?

Busted musician Matt, 40, has signed up for his wife's ITV1 hit *Cooking With The Stars,* alongside fellow celebrity contestants, actor Jason Watkins, boxing legend Chris Eubank, *Coronation Street*'s Samia Longchambon, *Gavin & Stacey*'s Joanna Page, singer Peter Andre, Steps' Claire Richards and *Love Island*'s Indiyah Polack.

It means the pair, who often describe themselves as "ships that pass in the night", will get to spend time together before Busted's tour starts in September.

On top of that, Emma will reap the benefits if Matt's celebrity coach Shelina Permalloo manages to teach him to throw together a delicious family meal that even their three children, Isabelle, 14, Ace, 11, and Trixie, seven, will eat.

Until now, Emma has been Matt's cookery teacher, gradually weaning him off the freeze-dried Pot Noodles he was living on when they met. But Matt's main ▷

reason for joining the show is to spend a bit more time with his wife.

"That is exactly why Matt signed up," agrees Emma. "He said, 'I just think it would be really nice for us to hang out together.' He's busy and I'm busy, and we're often ships that pass in the night.

"It's really nice," adds Emma, smiling. "We did *I'm A Celebrity…Get Me Out Of Here! Now!* together about 15 years ago. It was the last time we worked together."

Emma, 47, who is joined on the show by her co-host, comedian Tom Allen, reckons Matt has got what it takes to trounce his competitors in the show's famous "cooking battles".

"He loves cooking and he's really good at it," she says loyally. "He was like, 'Why would I not do it? I get to learn how to cook and we get to hang out together.'"

How does it feel to be back for a new series of *Cooking With The Stars*?

Emma: It feels sensational – I love it. I've got my telly husband and my real husband at work with me. It's difficult because I have to distribute my time evenly between them, otherwise the other one gets jealous!

Matt, why have you decided to sign up for the show?

Matt: I thought it would be fun! I'm not ▷

‘HE’S BUSY AND I’M BUSY, AND WE’RE OFTEN SHIPS THAT PASS IN THE NIGHT’

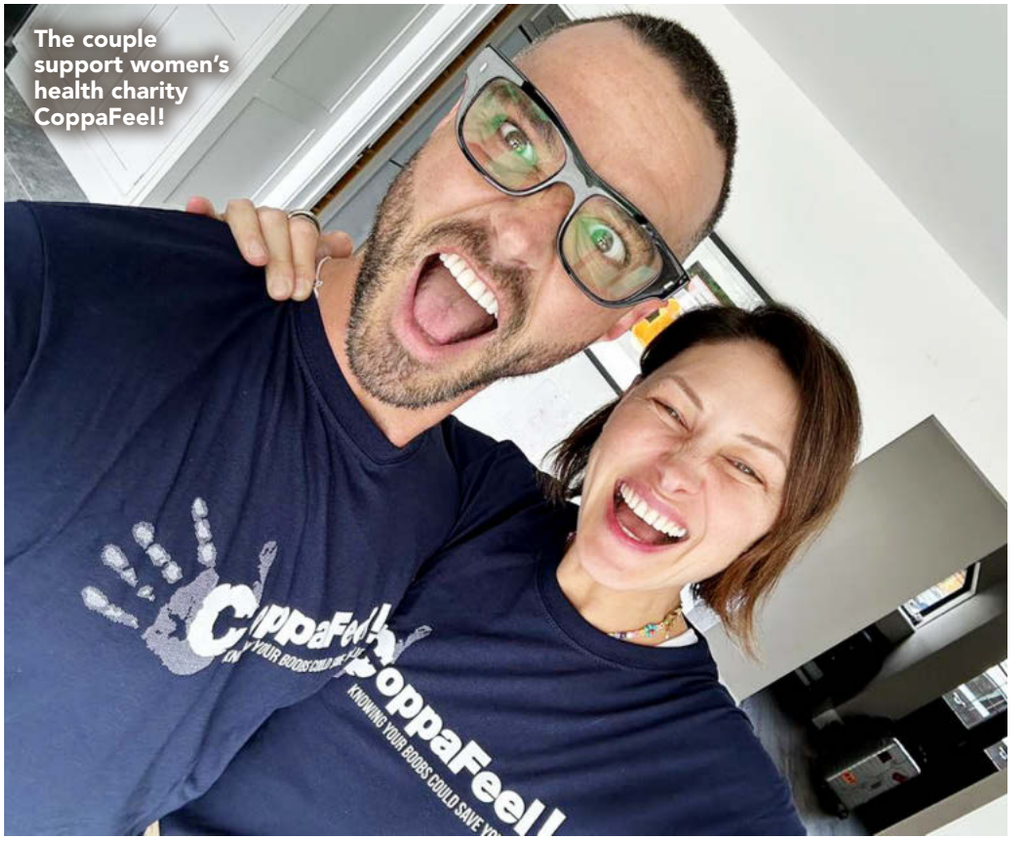
‘I’VE GOT MY TV HUSBAND AND MY REAL HUSBAND’

very good at cooking. I cook quite a lot but I cook the same things over and over again – I want to learn some new skills. And to be honest, I wanted to hang out with Emma, as we never really get to work together. This is so out of my wheelhouse – in fact, television itself is a bit out of my wheelhouse, unless it’s promo with the band. I thought it would be fun to do something different – and with Emma presenting it, why not?

Do you have any guilty food pleasures?
Matt: When Emma met me, all I ate was Pot Noodles. I lived on Pot Noodles and takeaway pizza, that was my diet – she was disgusted with what I ate. She would cook things and I’d be like, “Wow!” She was amazing! I never really explored anything before then. I love biscuits. I’m terrible at moderation – if I have a biscuit, I’ll eat the whole pack. The Chocolate Rounds from M&S, they get me every time.

What are your favourite things to cook or eat?
Emma: I love eating all foods, I can’t pick between them. Indian or Italian are my go-tos. I do love Thai food as well. Something that sets your mouth alight like those three cuisines – they all give you a flavour explosion and have a lot of variety.
Matt: I love Japanese food. I spent quite a lot of time in Japan with the band and I fell in love with Japanese culture. I love everything about Japan.

Emma, how does it feel to be back working with Tom?
Emma: I think we’re a lovely little duo. Not only do our outfits always complement each other – if we’re being superficial, we look fantastic together – but on a deeper level, I love Tom as a human being, and I love working with him. I also love hanging out with him outside of work. We were actually just planning a Pilates class together. Tom is going to come over and we’re going to have a little Pilates session, cold plunge, and then we’re going to have cocktails and sunbathe. ▷



The couple support women's health charity CoppaFeel!

'I DO MORE COOKING THAN EMMA, THEN I END UP CLEANING UP AS WELL!'

Who is the chef in your house?
Matt: I cook more than Emma. It's just ended up that way. I don't mind doing it, she takes a long time to cook – she's very particular. That's the worst thing about cooking for Emma – she'll come over and say, "Are you going to do it like that? I wouldn't do it like that." I don't really like cleaning up so it's kind of a rule that if you cook, you don't clean up – but that rule isn't always obeyed and I end up cleaning up as well!

How would you rate your cooking abilities, on a scale of one to five?
Matt: I'd give myself two and a half. I'm not very good, but I get by. I'm OK, I'm not terrible or a disaster, but it's never very special.

Have there been any funny moments or cooking disasters yet during filming?
Matt: I'm not very good at pretty, or making stuff look good – everything always looks a mess. I tried not to be messy on set, but I'm just a really messy person – you'll see it on the show.

If you were hosting a dinner party, which three famous people – living or dead – would you invite?
Emma: I would have Matt, I would have Elvis Presley, and I would have Tom Jones [her *Voice UK* co-star]. I've heard Tom's stories about Elvis, so just imagine sitting down and listening to the two of them together, talking about that whole period of the beginning of rock and roll. And I couldn't have them for dinner and not invite Matt! If I can find another plate, Tom [Allen] can come too.
Matt: I'm a big fan of Russell Brand – I find him so fascinating and intelligent. I would love to have Judi Dench round for dinner – I find her incredible – and Robert De Niro. Those three would be amazing. OK!

COOKING WITH THE STARS STARTS ON TUESDAY 4 JULY AT 9PM ON ITV1 AND ITVX

WORDS: JEN PHARO
PHOTOS: REX FEATURES, DAVID LEVENE/GUARDIAN/EYEVINE, MARK CANT/FABULOUS/NEWS LICENSING

Pharrell Williams sporting his Damouflage suit

WALK OF FAME

PHARRELL'S A-LIST EXTRAVAGANZA

PHARRELL WILLIAMS TURNED ON THE STYLE FOR HIS DEBUT AT **PARIS FASHION WEEK** AND WELCOMED A GLITTERING GUEST LIST

The A-listers came out in force to witness the final stage in Pharrell Williams' meteoric rise from hip-hop producer to Men's Creative Director at one of the world's oldest and most iconic luxury fashion brands.

His Louis Vuitton debut was the most anticipated show in the build-up to Paris Fashion Week – and the rapper-turned-designer didn't disappoint.

Music royalty Beyoncé, 41, and Jay-Z, 53, were the epitome of cool as they took their front row seats to support their friend, alongside fellow Destiny's Child star Kelly Rowland, 42, and Rihanna, 35, who is heavily pregnant with her second child.

The show was definitely a family affair, with Rihanna joined by her 34-year-old rapper producer partner A$AP Rocky, and Beyoncé's mum Tina posting Instagram videos of her daughter dancing on a balcony with former bandmate Kelly. She captioned the fun video, "These two @kellyrowland and @beyonce totally in synch in Paris. Love it!!!"

Pharrell's wife Helen Lasichanh and their four children – 15-year-old Rocket and six-year-old triplets – were also front and centre, dressed in their designer dad's "Damouflage" print, a camouflage version of the fashion house's famous Damier print.

They were joined by model Miranda Kerr, 40, actress Zendaya, 26, and singer Lenny Kravitz, 59, who arrived hand-in-hand with his supermodel friend Naomi Campbell.

Jared Leto, 51, wearing all-white with heavy red eye make-up, arrived at the Pont Neuf bridge on a scooter and took his seat next to Kim Kardashian, 42, ▷

Clockwise from top: Rihanna with A$AP Rocky; Beyoncé and Jay-Z in the front row, the catwalk on Pont Neuf

Clockwise from top left: Kelly Rowland; Jared Leto, Kim Kardashian and Zendaya all attended Pharrell's show

who got people talking thanks to her furry bum-bag. Basketball legend LeBron James, 38, was also among the stars in attendance.

For 50-year-old Pharrell, his spring/summer 2024 debut, titled Lovers, was more than a fashion show – it was a cultural extravaganza, a party and a true celebration of what the fashion house describes as his "trailblazing vision".

"I think these corporations are waking up, slowly but surely. I think they're understanding that we have flavour and that we have something really interesting to offer," he told the AFP news agency.

Always keen to show off her fashion-forward style, Beyoncé wore a striking yellow silky suit and huge sunglasses. By her side was hubby Jay-Z, dressed in a smart three-piece suit with a crisp white shirt that complemented his wife's look perfectly.

Supermodel Naomi and her long-time friend Lenny also coordinated their looks, with Naomi wearing an LV-print leather shift dress and blazer, and Lenny wearing leather trousers and jacket.

No expense was spared for the show. Pont Neuf, the French capital's oldest bridge over the River Seine, was transformed into an illuminated gospel disco and the site of Jay-Z's show-closing concert.

The models walked the bridge's stone catwalk in Pharrell's maximalist logo designs, smart-tailored shirts, streetwear hoodies and full-length coats, carrying bags adorned with the iconic Louis Vuitton crest. There was even a Jeep convertible on the bridge at one point, stacked with suitcases with the "LV is for Lovers" slogan on them.

Despite the scale of the spectacle and the number of pieces on display, Pharrell still managed to steal the show when he took his final bow. To top off his Damouflage fitted suit, he sported striking custom-made Tiffany diamond-encrusted sunglasses, worth an estimated $100k. OK!

WORDS: MITYA UNDERWOOD
PHOTOS: GETTY/REX

Lenny Kravitz and Naomi Campbell also rocked up

CLASS ACT

‘WE ALL MAKE MISTAKES AND DO STUPID THINGS’

ACTRESS **PATSY KENSIT** ON WORDS OF WISDOM FROM ELTON JOHN, HER BATTLE WITH HURTFUL HEADLINES, AND SWOONING OVER EASTENDERS’ PHIL MITCHELL

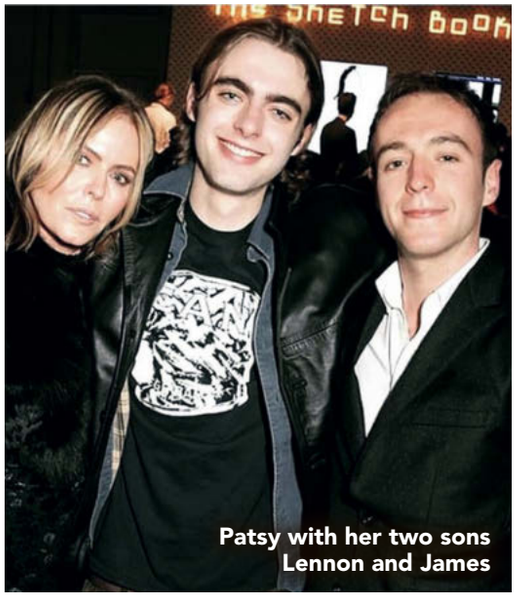
Patsy Kensit has been a household name for so long that it's hard to imagine her feeling starstruck. But when we catch up with the gorgeous 55-year-old actress, she tells us that her latest job on *EastEnders* left her feeling totally in awe of her famous co-stars.

The star, who played Emma Harding – the estranged mother of the late Lola Pearce – on the BBC soap, says, "I was so nervous on my first week when Jessie Wallace [Kat Slater] walked past!" And Patsy reveals that, like many others, she found herself a bit giddy around Steve McFadden, who plays Phil Mitchell. "I swooned over him," she tells us. "He is so lovely."

Swooning aside, it's clear that working on the soap – which she says she's "watched for years" and is a "superfan" of – wasn't easy and Patsy admits she had to be on top of her game. "We shot 40 pages a day and you really have to be on the ball. The writing is so great but I was concerned about the volume of scripts I had to learn. Luckily, I have a photographic memory."

Patsy is chatting to us at a women's lifestyle event – Postcards From Midlife Live – in Islington, and the glowing mum-of-two looks like a woman in her prime. She's the first to admit that she's had her fair share of heartbreak over the years, but Patsy, who got engaged to the millionaire property tycoon Patric Cassidy, 58, in February, looks like someone who is very much at peace with her life these days. ▷

On the *EastEnders* set as Emma Harding with her on-screen daughter, Lola



Patsy with her two sons Lennon and James

'I HAVE AGORAPHOBIA AND LOCKDOWN WAS GREAT AS I COULDN'T LEAVE THE HOUSE'

Talking about her romance with Patric, she tells us, "These things happen when you least expect it. I got set up on a blind date, so there you go."

She adds that her expectations of a relationship are slightly different than they were when she was younger, with Patsy, who has been married four times, saying, "I think we have to understand that you are never going to be able to change someone. I use the word companionship. I'm not ruling the intimacy side of things out but relationships are different at this age and it is good and OK. You have got to be hopeful and grateful."

Patsy goes on to admit that it took a while for her beloved cat Bowie to get used to her new man, saying, "I don't think Bowie liked it at first. He had a shocked look on his face at one point! My cat spoons me. He is a Ragdoll cat and he has got a funny way about him."

The conversation quickly moves on to Patsy's sons, James, 29, (whose dad is Simple Minds singer Jim Kerr) and 23-year-old Lennon (from her marriage to the former Oasis star Liam Gallagher). It's clear that the actress is very close to both boys and the proud mum tells us all about their achievements. She says, "My boys are both involved in the entertainment business. One [James] is an artistic director for the Arctic Monkeys, he has been on tour with them for a year. My youngest is a guitarist and models to make some money. I have protected them my whole life."

Patsy is very attached to both boys and explains, "When James moved to Italy, I got the cat immediately and then I followed him to Italy and he was like 'Leave me alone!' It broke my heart when they both became teenagers. My younger son wanted to marry me, but now says, 'Mum, I was five!'"

She continues, "My oldest calls me every day wherever he is in the world. They are close and they are funny together and wind each other up. We are crazy about cats and we always send cat memes to each other."

The longer we spend with Patsy, the more keen we are to know the secret behind her radiant glow and positive energy. As someone who shot to fame at the tender age of four in a Birds Eye Frozen Peas commercial, she's certainly been through the celebrity mill more than once. Whether it was her chequered love life or her appearance under the spotlight, Patsy has had to cope with many hurtful headlines over the years. She tells us, "Elton John once said to me, 'You can't start your day that way,' so I stopped [reading the papers]. I had headlines like 'Fatsy Patsy' in magazines."

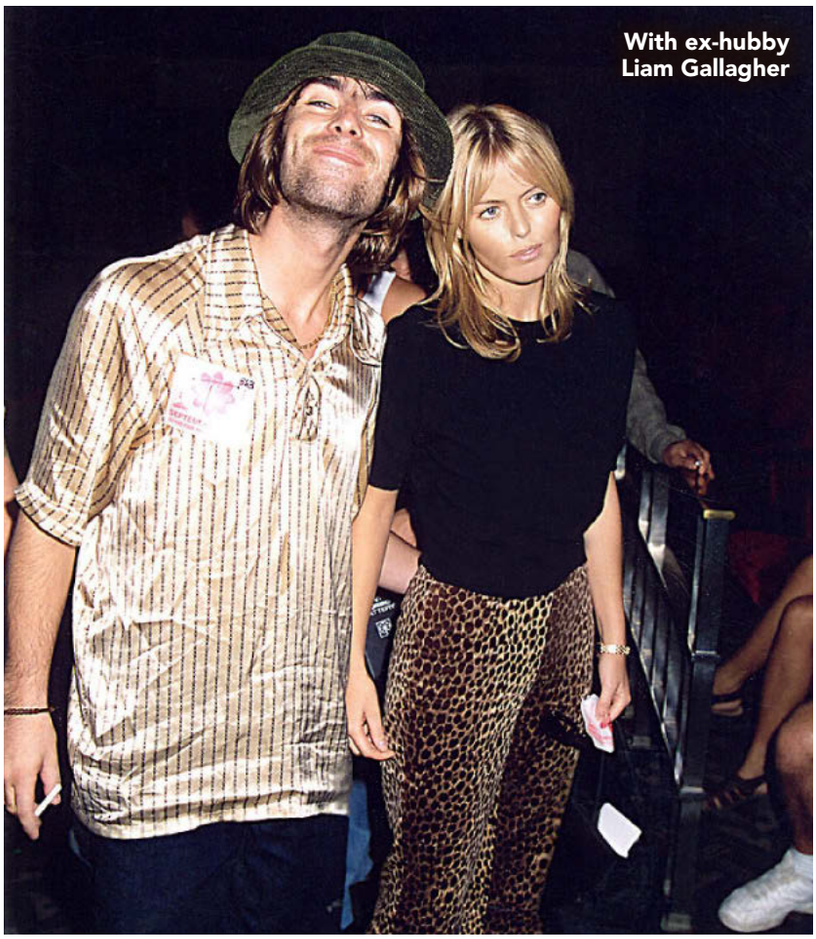
Patsy developed agoraphobia as a result of being papped so often and says it's still something she has to manage. "I do have agoraphobia and when lockdown happened it was great as we could not leave the house. It does creep up on me if I get stressed," she tells us.

"That stemmed from having people banked outside my house and being pulled to pieces and being body shamed for being too thin, and then I changed my lifestyle and I put on weight," she continues. "I struggled in my thirties as I was called 'Fatsy Patsy'. The headlines were awful, shocking."

The London-born star tells us she was also deeply affected by the death of her close pal Paula Yates, 23 years ago, who died after overdosing on heroin at the age of 41.

"I knew her really well," says Patsy. "The whole thing was such a tragedy and it affected me. But what are you going to do? Are you going to sit in the house feeling sorry for yourself?"

The inner peace that she's found today is partly due to a major lifestyle change, with the former *Emmerdale* star telling us that meditation is now part of her daily life. "I started meditation nine years ago and it changed my life. I do my morning runs and it is good for my mental health as I have suffered from depression over the years," she says. ▷



With ex-hubby Liam Gallagher

‘THE WORD “NO” USED TO BE HARD – BUT NOW I DON’T CARE WHAT OTHERS THINK’

Patsy, who was often papped falling out of nightclubs with her ex-husband Liam in the 90s, also tells us that alcohol is now something she enjoys in moderation.

She says, “I had a few late nights in the 90s but now I am in bed at 9pm. The word ‘No’ used to be a hard word for me to use, but the best thing about being in your fifties is that I really don’t care what others think. We all make mistakes and do stupid things. We are human. I look back on my life and it has been a real ride. Real highs and terrible lows. I have a completely different take on things now.”

She continues, “I do enjoy a drink, but I enjoy not drinking. I get tired and an afternoon nap is heaven.”

As she heads towards 60, we’re keen to know how Patsy plans to celebrate the milestone birthday, and we’re delighted to hear that she sees getting older as a positive.

“I would like to do a skydive and I will celebrate with my family when I am 60, and maybe have a grandchild. I am looking forward to becoming 60. I mean, it’s great. Where is the fear? I don’t want to be 25 again,” says Patsy.

“We have such power and there is such a community of women now and we talk about things that were never discussed. In Victorian days they would put women into a psychiatric facility.”

Patsy, who says she’s “sure” she’s through the menopause, admits that at one point, her brain fog was so bad, she’d leave the house and not remember why. This all came at around the same time the star had a cancer scare in 2013, when she had two benign tumours removed in an emergency hysterectomy.

She explains, “I went home from hospital and there was no support. I thought I had dementia. I thought it was the aftershock of the menopause. I did not trust myself behind the wheel of a car. I went to a food shop and I was like, ‘What am I doing here?’ I bought a cabbage, a pear and a pair of tights. That is what I went home with.”

Patsy, who lost her mother Margie after a 20-year cancer battle in 1993, says she now keeps her hormones under control with lozenges, after she found that HRT didn’t work for her. “These lozenges are made at a specialist pharmacy and I take half. They don’t taste very nice but they work.”

In terms of Patsy’s career, the star has never been busier and has just finished filming a Christmas special of a detective show, which she’s sworn to secrecy about. As our chat draws to a close, she says,“I am so lucky, I have got the best agent in the world and I feel really grateful.” OK!

WORDS: ALI GRAVES, MARC BAKER
PHOTOS: LORNA ROACH, GETTY

BELLE OF THE BALL

‘I BRING MY OWN PERSONALITY TO BROADCASTING’

FORMER ENGLAND CRICKETER TURNED PRESENTER **ISA GUHA** SAYS SHE AND WIMBLEDON CO-HOST CLARE BALDING MAKE A GREAT TEAM

As she returns to our screens to take a starring role in this year’s BBC Wimbledon coverage, Isa Guha reveals the secret advice former presenter Sue Barker gave her before she bade an emotional farewell last year.

Sue, 67, stepped down a year ago after 30 years hosting the prestigious Grand Slam tournament for the BBC, paving the way for Clare Balding, 52, to take over as the main presenter.

But Isa, a former England cricket player, has also been given a big role in this year’s coverage after making her debut last year. She will host the morning’s coverage of Wimbledon before handing over the baton to Clare.

And for Isa, 38, the fact that more women are now being invited to present big sporting events such as Wimbledon is a sure sign that female presenters are becoming the norm.

“There are a growing number of amazing female sports presenters on our screens now and it has become normalised,” she says. “Before, it was celebrated in a way that was positive because there hadn’t been many female sport presenters around, but now there are. Now people are talking about the job you do rather than what you look like or what gender you are.

“I can’t wait for Wimbledon to start and I am really looking forward to being part of the team again.”

Predicting that this year’s tournament will be an incredibly exciting one, Isa goes on to reveal the “significant” advice given to her by Sue that she still holds close to her heart – namely, to be yourself and don’t try to be someone you aren’t.

“It was such a massive privilege to be asked to work on Wimbledon last year with Sue,” says Isa. “She is the doyenne of sports broadcasting and to see her, speak to her and see how she does it was amazing. It was a very emotional time for all of us when she left.

“And I will always remember the advice she gave me – never set out to be anyone else and do it your own way. It was such significant advice and I’ve tried to develop my own style and do just that, bringing my own personality to broadcasting and never to be someone you are not.”

Describing co-host Clare as a “bundle of energy”, she thinks that their different styles of approach will work wonderfully on TV.

“Clare has got really infectious energy that rubs off on everybody,” she explains. “She is a class act and to be working alongside such an experienced broadcaster is both amazing and a bit surreal at times!

“I am more laid-back in my approach but I think it’s important to have a representation of different personalities to bring the coverage to the audience.”

She pauses, and then reflecting on her friendship with the late cricket legend Shane Warne, Isa adds, “I had the privilege of working with Shane and he was one of the great characters. We all still miss him. He was amazing in the way he simplified the game of cricket and I really took a lot from that.”

As well as Wimbledon, Isa is also presenting Test cricket, The Hundred plus the Women’s Ashes tournaments. And as she goes on to jokingly admit, she’s going to need every ounce of self-restraint not to dip into the sweet jar as she embarks on her busy summer of TV presenting.

“The days can be long and I generally start the season with the best intentions,” she says, smiling. “But as the weeks wear on, the sweets start to be introduced! I do try and check myself but sometimes you need them to get you through. I always start with a coffee every day.” ▷

Wimbledon presenting team Qasa Alom, Clare Balding and Isa Guha

‘WHATEVER OPPORTUNITY MIGHT PRESENT ITSELF, I WOULDN’T SAY NO’

Given the journey she has already made to become one of the BBC’s trusted female sports presenters, Isa is an incredibly grounded person. At the age of 17 she became the first woman of South Asian descent to play for England in any leading sport, and in a glittering cricket career that spanned a decade from 2002, she was a World Cup cricket winner with 113 international caps to her name. If that isn’t impressive enough, Isa also squeezed in enough studying in between cricket games to gain a master’s degree in neuroscience.

Now as she embraces everything that is thrown at her in her television career, you wonder if she would like to move away from sport. Does *Strictly Come Dancing* appeal?

“I love what I’m doing and what makes it so fun is there are things you can do outside the norm,” she replies. “Whatever opportunity might present itself, I wouldn’t say no but you would obviously need to assess if it was the right thing or not!”

Away from the TV cameras, she is married to Richard Thomas, a songwriter for Brother and Bones, whose group supported Paolo Nutini last year. The couple tied the knot in 2018 and are still going strong.

Isa celebrates taking a Test wicket aged 17

“I feel very lucky to have his support,” she says, beaming. “We live quite busy lives as we both travel a lot but we always try to see each other in our breaks. Last year I saw him on tour with Paolo Nutini, and this summer, he will be with Ben Howard. We both love our live music and we try to go to concerts whenever we can.

“The last couple of months, we’ve been at home more and it’s been nice to do all the normal stuff like catching up with friends, going for walks and meals.”

She pauses, smiles and then, returning to her prestigious Wimbledon role, she adds, “You never know where life is going to take you next, but I feel very lucky to be experiencing the things I am doing.” OK!

ISA WILL BE PART OF THE BBC’S PRESENTING TEAM AT WIMBLEDON, WHICH STARTS ON MONDAY 3 JULY. SHE WILL ALSO PRESENT THE HUNDRED, STARTING TUESDAY 1 AUGUST.

WORDS: CHRISTINE SMITH PHOTOS: GETTY IMAGES

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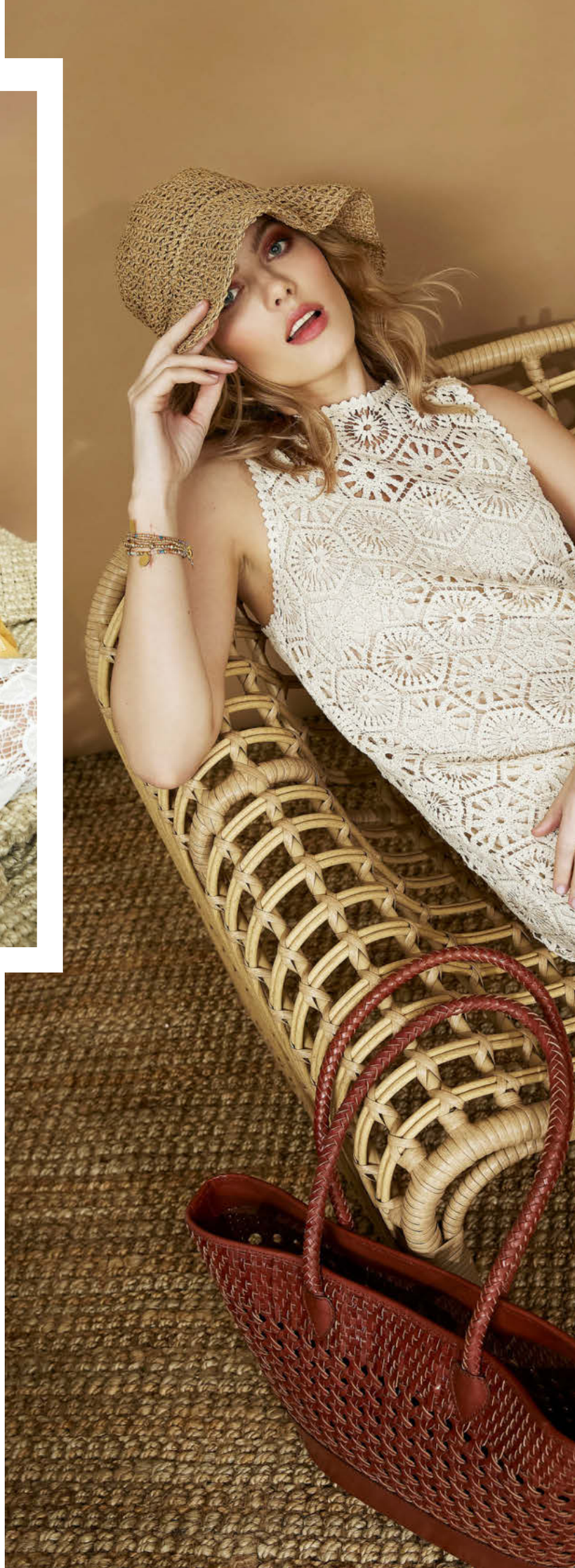

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Dress **Karen Millen** £349
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OK! LOVES

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COMPILED BY: LYNNE HYLAND

BOX CLEVER FOR A-LIST GLAMOUR

CREATE A LUXE LOOK WITH HANNAH MARTIN'S *OK!* BEAUTY BOX. HERE, SHE TALKS US THROUGH IT

"I just can't do make-up!" It's a cry that make-up artist Hannah Martin hears over and over again, and one to which she has a very simple reply, "Oh yes you can!" As a passionate advocate of beauty for all, she's very much the pro who'd rather demystify make-up on Instagram than indulge in showboating techniques few could replicate.

"Practice makes perfect," she tells us. "I often hear, 'I can't put on eyelashes,' and I say, 'Honestly, you can.' Often it's just figuring out a technique that works for you."

Experimenting with make-up should be a source of joy, not stress, so Hannah advises picking your moment to try something new. "Do it before bed, when there's no stress and no rush. If it's spot on, brilliant. You've got confidence for next time you want to try it. If it's not, it doesn't matter. You're taking it off anyway."

That inclusive approach can be seen in the *OK!* Beauty Box, which she created for everyone, including total novices. "There's nothing complicated, just excellent quality products that suit anyone," she says.

THE HANNAH MARTIN X *OK!* BEAUTY BOX COSTS £60 FOR CONTENTS WORTH MORE THAN £255, AND INCLUDES A VOUCHER TO REDEEM FOR A MONTH OF *OK!* MAGAZINE, WORTH £14.40. AVAILABLE EXCLUSIVELY AT OKBEAUTYBOX.CO.UK WHILE STOCKS LAST

1. Trinny London Golden Glow Bronzer in Soala

Full size, worth £25

"You can apply this over your base make-up or you can apply it just over skincare. It has the most beautiful light-gel texture. Tap it over the high points of your face for a lovely bit of warmth and radiance."

2. Sculpted By Aimee My Mascara

Full size, worth £17

"I've always been on the hunt for the holy grail mascara and this could be The One. I love it because it's so versatile. If you want gentle, fluttery lashes just use a little or if you want full mega volume, keep layering. The curved wand is fantastic. I use the curve pointed up to get the layers of mascara on, then I'll turn the wand upside down and use the arch to push at the base of my lashes to exaggerate that lift. Then I'll turn it vertically to tease the bottom lashes."

3. Erborian Skin Hero

Travel size, worth £20.50

"I'm a huge fan of Erborian, and this beautiful Skin Hero is unlike anything else I've tried. It's a primer, it's a skin perfector and it blurs the appearance of the pores. It's brilliant when I'm dashing out on the school run."

Tip: *You can wear it under make-up or you can wear it on its own if you want something to hydrate your skin and even out its appearance.*

4. Dermalogica Prisma Protect SPF30

Full size, worth £65

"This is an absolute must-have of mine. It's an excellent broad-spectrum SPF but it also performs brilliantly under make-up. It's a true hybrid because it's a great SPF and a moisturiser in one."

Tip: *Apply two finger stripes worth of product, massage it in your skin, leave it to settle for a second and then your foundation will sit beautifully on top.*

WORDS: LYNNE HYLAND PHOTO: DENNISPEDERSEN.COM

5. Stila Convertible Color Dual Lip & Cheek Cream in Petunia

Full size, worth £18

"I feel like Stila's Convertible Color is the OG of cream blushers. It has that light gel base, which I love because it just gives a flushed radiant glow to the cheek, and it doubles up as a gorgeous lip colour, too."

Tip: *Smile, pat it on the cheeks with your finger and you're done.*

6. Trish McEvoy 24 Hour Cream Eye Shadow & Liner in Topaz

Full size, worth £24

"I'm obsessed with cream shadow sticks and this one is the best of the best. I've chosen it in the shade Topaz, a beautiful, slightly shimmery minky bronze, which suits absolutely everyone. It's brilliant: long-wearing, waterproof, sweat resistant, you name it. Once it's on it doesn't budge."

Tip: *Wear it all over the lid, or just as a liner along the base of the lashes.*

7. Ardell Naked Lashes 424

One pair, worth £5.99

"Eyelashes are the very best way of elevating any make-up look. I love these because they amp up volume, they add extra length but they also look really natural and they have a gorgeous fluttery, fluffy finish."

8. Delilah Cosmetics Lip Line Long Wear Retractable Lip Pencil in Buff

Full size, worth £20

"Lip pencil has seen a huge rise in popularity recently, and this pretty mid-toned pink is one of my favourites. It's a gorgeous neutral for every day. You can line your lips with it, you can fill your whole lip in with it, and because it's long-wearing it's not going anywhere."

9. Lisa Eldridge Gloss Embrace Lip Gloss in Songbird

Full size, worth £20

"This gives the ultimate juicy pout. It adds the most beautiful sheen to the lips, and it never feels tacky or sticky. It can be worn alone or over lipstick or lip pencil."

10. Kate Somerville Goat Milk Cleanser

Travel size 30ml, worth £10

"I promise you once you've tried this, any other cleanser is going to feel inferior. It's so soft, it's so creamy and it removes dirt and make-up without stripping your skin. Your skin just feels soft and plump after using this."

11. Pixi Rose Glow Mist

Full size, worth £16

"Use this gorgeous blend of seven natural oils as a refresher on the skin before the rest of your routine, or use it to rehydrate your make-up throughout the day."

Scan here to order the Hannah Martin x *OK!* Beauty Box for £60

BOWELBABE'S LEGACY IS GOING STRONG A YEAR ON

DAME DEBORAH JAMES' TIRELESS CAMPAIGNING TO RAISE AWARENESS OF BOWEL CANCER IS STILL CHANGING LIVES

It's hard to believe she's been gone a year, but 28 June is the first anniversary of Dame Deborah James' death. Deborah – also known as Bowelbabe – died from bowel cancer at the age of 40, but her incredible legacy lives on.

And few people feel that more than Kate Eastwood, who says it's because of Deborah that she was able to catch her own bowel cancer so early.

Almost 43,000 people are diagnosed with bowel cancer in the UK every year, and Kate, 59, tells us that it was Deborah's relentless campaigning to raise awareness about the symptoms that prompted her to make a doctor's appointment.

ONE IN FOUR STILL DOESN'T KNOW THE SYMPTOMS

An alarming number of people are still unfamiliar with the symptoms of bowel cancer, according to Genevieve Edwards, chief executive at Bowel Cancer UK.

She says: "Our new research shows that over a quarter of people can't name a single symptom of the disease, which are changes in bowel habit, bleeding from your bottom, blood in your poo, unexplained weight loss, extreme tiredness and a pain or lump in your tummy.

"If you're experiencing any of these, call your GP straightaway.

"We would urge everyone to take inspiration from people like Kate and the late Dame Deborah and check your poo – it could save your life."

LEARN HOW TO SPOT THE SIGNS

There are other lesser-known symptoms that something could be wrong with your colon. These include:

- **ANAEMIA:** If you're anaemic it could mean that you're bleeding internally, even if you don't have any other symptoms.
- **SHORTNESS OF BREATH:** This can also be a sign of internal bleeding.
- **FEELING BLOATED:** This, along with stomach cramps, can be down to all sorts of things, but if symptoms persist, consult your GP.
- **SKINNY STOOLS:** If you've noticed the shape of your stools has become narrower, it could be a sign there's a restriction in the colon. Severe constipation or persistent diarrhoea could also be a sign that you need to get checked out.
- **DARK, TARRY STOOLS:** This could indicate there is blood in your bowel movements. It could be caused by something less serious, such as an ulcer, but it can also be a sign of cancer.

'I FELT SO GRATEFUL TO DEBORAH'

Here Kate, who has three daughters and three grandchildren, explains why she will be eternally thankful for everything Dame Deborah did.

"I was 58 when I was diagnosed with bowel cancer. I remember listening to [Dame Deborah] talk so publicly about how important it is to check your poo. But then I just slotted the information to the back of my mind, because you watch these things thinking they're never going to happen to you.

"Then in October 2021, I noticed blood in my poo. If I hadn't had that knowledge stored away, I possibly would've ignored it for longer. But I'd remembered Deborah saying that if she'd been diagnosed six months earlier, her story would have been so different. So I monitored it for three weeks and it still wasn't right.

"At first the doctors thought there wasn't anything wrong, but then they did a biopsy on a polyp they'd found and the cells behind it were cancerous. They thought it was stage one initially, but I then had fairly major surgery, where I had the whole of my rectum removed. And when they did that I was told my cancer was actually stage two.

"Following that, I had an ileostomy [an operation to form a stoma that directs waste products from your small intestine] and I had a stoma bag for three months, which basically allowed my bowel to heal. It's one year on now and I'm fine.

"I didn't have chemo as they'd caught it early and now I'm no more likely to relapse or get it again than anybody else.

"When I had my surgery last March, Dame Deborah was very ill and I was reading her updates while I was recuperating. I was counting my blessings every day and felt so grateful to her for everything she had done to raise awareness. She had such grace right to the very end and the Bowelbabe fund has raised £11.3 million, which is just phenomenal.

"I wanted to raise some money for Bowel Cancer Awareness Month in April, and turned to crocheting. I'd made little crocheted 'happy poos' for my consultant and for the stoma nurses and they loved them. So I made another 50 and sold them to family and friends and raised £780, which I donated to Bowel Cancer UK.

"Deborah managed to engage people and remained positive despite the fact that she knew how her journey was going to end. She was so gracious." OK!

Dame Deborah James

Kate's crocheted happy poos

FOR MORE INFORMATION ABOUT BOWEL CANCER, GO TO BOWELCANCERUK.ORG.UK

WORDS: RHONA MERCER
PHOTOS AND ILLUSTRATION: GETTY, REX/SHUTTERSTOCK

IT'S CRUNCH TIME

NOTHING SAYS SUMMER MORE THAN A PLATEFUL OF FRAGRANT SALAD BURSTING WITH FRESH PRODUCE

Kohlrabi, apple and hazelnut salad

SERVES 4

INGREDIENTS

- 100g shelled hazelnuts
- 1 tsp fennel seeds
- 1 orange
- Zest and juice of 1 lemon
- 2 apples
- 2 kohlrabi cabbages
- 2 fennel bulbs
- A handful of parsley
- 1 tbsp olive oil
- Salt and pepper

1. In a dry frying pan, toast the nuts and fennel seeds for 2 minutes, tossing frequently, until lightly golden. Tip onto a plate to cool.

2. Peel and segment the orange into a large mixing bowl then squeeze out the juice. Add the lemon zest and juice.

3. Peel the apples and kohlrabi then cut both into matchstick-sized slices. Toss the vegetable matchsticks in the fruit juice in the bowl.

4. Remove the outer layers of the fennel and trim the bases of the bulbs. Quarter the bulbs and slice very thinly. Add the slices to the juice.

5. Roughly chop the parsley and mix into the vegetables along with the olive oil and a pinch of salt and pepper.

6. Serve sprinkled with toasted hazelnuts and fennel seeds.

Quinoa crunch chicken with dukkah, squash, goat's cheese and pomegranate dressing

SERVES 4-6

INGREDIENTS

- 1 butternut squash
- 3 tbsp olive oil
- 50g quinoa
- 150ml water
- 50g dukkah spice mix
- 2 eggs
- Salt
- 4 chicken breast fillets
- Flour, for dusting
- 100ml rapeseed oil
- 1 tbsp pomegranate molasses
- 1 tbsp tahini
- 2 tsp harissa paste
- 1 garlic clove, peeled and crushed
- Juice of 1 lemon
- A small bunch of fresh coriander
- 100g spinach
- Seeds of 1 pomegranate
- 100g goat's cheese

1. Preheat the oven to 160°C/140°C fan/gas mark 2½.
2. Peel and cut the butternut squash into 2cm cubes, toss with the olive oil and roast for 25 minutes or until lightly golden and just tender.
3. Place the quinoa and water in a saucepan. Boil for 12 minutes then drain well and allow to cool.
4. Mix the cooled quinoa with the dukkah spice mix.
5. Whisk the eggs with a pinch of salt in a bowl.
6. Dust the chicken breasts with flour, dip into the eggs then roll in the quinoa mixture. Pat the chicken gently and make sure it is fully covered.
7. Shallow-fry the chicken in the rapeseed oil for 2 minutes on each side then place on a parchment-lined roasting tray and bake for 10 minutes.
8. Whisk together the pomegranate molasses, tahini, harissa paste, crushed garlic, lemon juice and a pinch of salt in a large mixing bowl.
9. Roughly chop the coriander and add to the bowl, then toss in the spinach and squash.
10. Arrange the salad on a large platter. Slice the chicken and place on top. Sprinkle with the pomegranate seeds and crumbled cheese to serve. ▷

ADVERTISEMENT FEATURE

WHAT'S FOR DINNER?

THIS TERIYAKI STIR FRY IS FULL OF FLAVOUR - AND HAS A SECRET FEELGOOD INGREDIENT...

Get inspired to step into the kitchen with this simply delicious recipe

After an exhausting day, cooking can feel like yet another chore.

If you need a little inspiration to step into the kitchen, this teriyaki stir fry is a super simple, 15-minute make that oozes goodness. The recipe even features a secret feelgood ingredient - cook something inspired tonight and help nourish the nation tomorrow.

From May 31 until July 11, Sainsbury's is enabling customers to support local communities through their Nourish the Nation programme. By donating 50p to Comic Relief for every Inspired to Cook product purchased, they are on a mission to tackle food poverty.

Nourish the Nation makes it possible to support those at risk of food poverty now and in the future, in the midst of a bleak cost of living crisis.

Sainsbury's is pledging to help people in our communities to eat better and support those most in need right now whilst also helping those at risk of food poverty. By supporting Nourish the Nation with Sainsbury's Inspired to Cook range, we can ensure that while helping those in need to eat better, we're eating better ourselves with straightforward, stress-free and delicious recipes.

Do your bit to nourish the nation. Pick up some Inspired to Cook products at Sainsbury's or visit sainsburys.co.uk/nourish-the-nation

Nourish the Nation | Sainsbury's Helping everyone eat better | COMIC RELIEF

Teriyaki stir fry

SERVES 2

INGREDIENTS

- 1tbsp vegetable oil
- 150g Sainsbury's organic super firm tofu, cubed
- 200g Sainsbury's fine green beans, trimmed
- 300g **Inspired to Cook** Sainsbury's mixed pepper stir fry or 320g mushroom stir fry
- 300g **Inspired to Cook** Sainsbury's rice noodles
- 175ml **Inspired to Cook** teriyaki and ginger sauce

1. Heat the oil in a wok and toss in the tofu. Season, and cook for about 5 minutes, turning halfway through.
2. Add the green beans and stir fry vegetables of your choice. Cook for another 3-4 minutes, stirring often.
3. Add the noodles and coat with the teriyaki sauce, stir frying for a further 3-4 minutes.
4. Split between two bowls, serve and enjoy!

VISIT WWW.SAINSBURYS.CO.UK/NOURISH-THE-NATION

All monetary donations will be made to Comic Relief, which is the operating name of Charity Projects, registered charity in England and Wales (326568) and Scotland (SC039730). Selected stores. Subject to availability. For full terms and conditions visit sainsburys.co.uk/nourish-the-nation

Tuna and seaweed salad

SERVES 4

INGREDIENTS

- Sesame oil
- 500g fresh tuna loin
- 1 tsp light soy sauce
- 1 tsp miso paste
- 25g dried seaweed
- ½ cucumber
- 300g mooli radishes or, if you can't find them, regular radishes will do
- 1 tsp rice-wine vinegar
- 1 tsp yuzu juice or lemon juice
- 1 tbsp syrup from the pickled ginger (below)
- 4 spring onions
- 2 red chillies
- 50g pickled ginger
- A small bunch of coriander
- 1 tbsp sesame seeds

1. Put a nonstick pan over a high heat with a splash of oil. Place the tuna in the pan and sear on all sides for 1 minute, or until just browning, to serve rare. Place the tuna on a rack to cool.
2. Mix the soy sauce and miso paste with a splash of oil, then pour into a zip-lock bag. Add the tuna and push all the air out of the bag so the marinade covers the fish.
3. Rinse the dried seaweed before rehydrating it by soaking it in tepid water for 10 minutes. Drain well.
4. Deseed the cucumber and peel the radishes. Cut into matchstick-sized slices.
5. Dress the vegetable matchsticks with the vinegar and yuzu and a tablespoon of the ginger syrup.
6. Thinly slice the spring onions, red chillies and pickled ginger.
7. Roughly chop the coriander and mix with the radishes, cucumber and seaweed and place on a large serving platter.
8. Pour the sesame seeds on to a plate then roll the tuna in them.
9. Serve the thinly sliced tuna on top of the salad, scattered with the onions, chilli and ginger slices. OK!

RECIPES AND HOME ECONOMICS: DOMINIC HOILE STYLING: VICTORIA GRAY PHOTOS: WINFRIED HEINZE

WIN A STUNNING Serenata FLOWERS BOUQUET

Worth £50

With summer upon us, we've teamed up with Serenata Flowers to offer 25 readers the chance to win one of their supreme flower bouquets valued at £50!

With 20 years of experience, Serenata are fluent in flowers. They believe the artistry of floristry is a language of love; not just for moments of joy, sadness, or triumph, but the language you use every day to connect with others, engage with art and nature or check-in with yourself.

From blushing pastels to brilliant bright and calming neutrals, delivered artistically arranged for added wow-factor in an eco-friendly gel-bag to ensure freshness. Wash off the gel and cut 3cm off the stem before arranging in your chosen vase and they're ready to light up the room. See the full range at **www.serenataflowers.com**

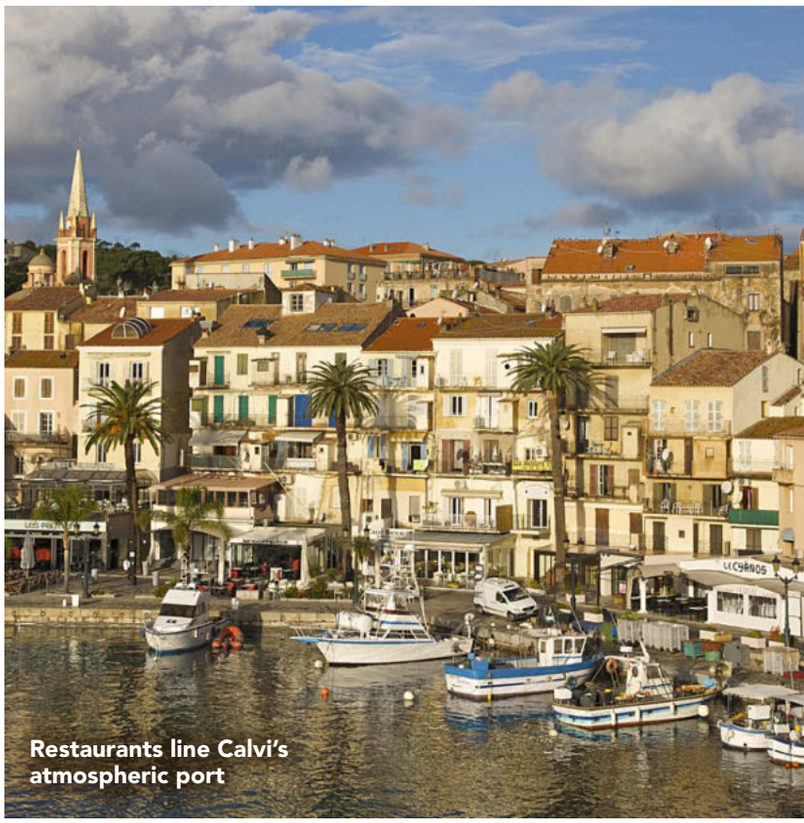
HOW TO ENTER: Simply answer the following question correctly along with entering your details at **www.ok.co.uk/winflowers**

Traditionally, a romantic gift is 'A dozen red…'

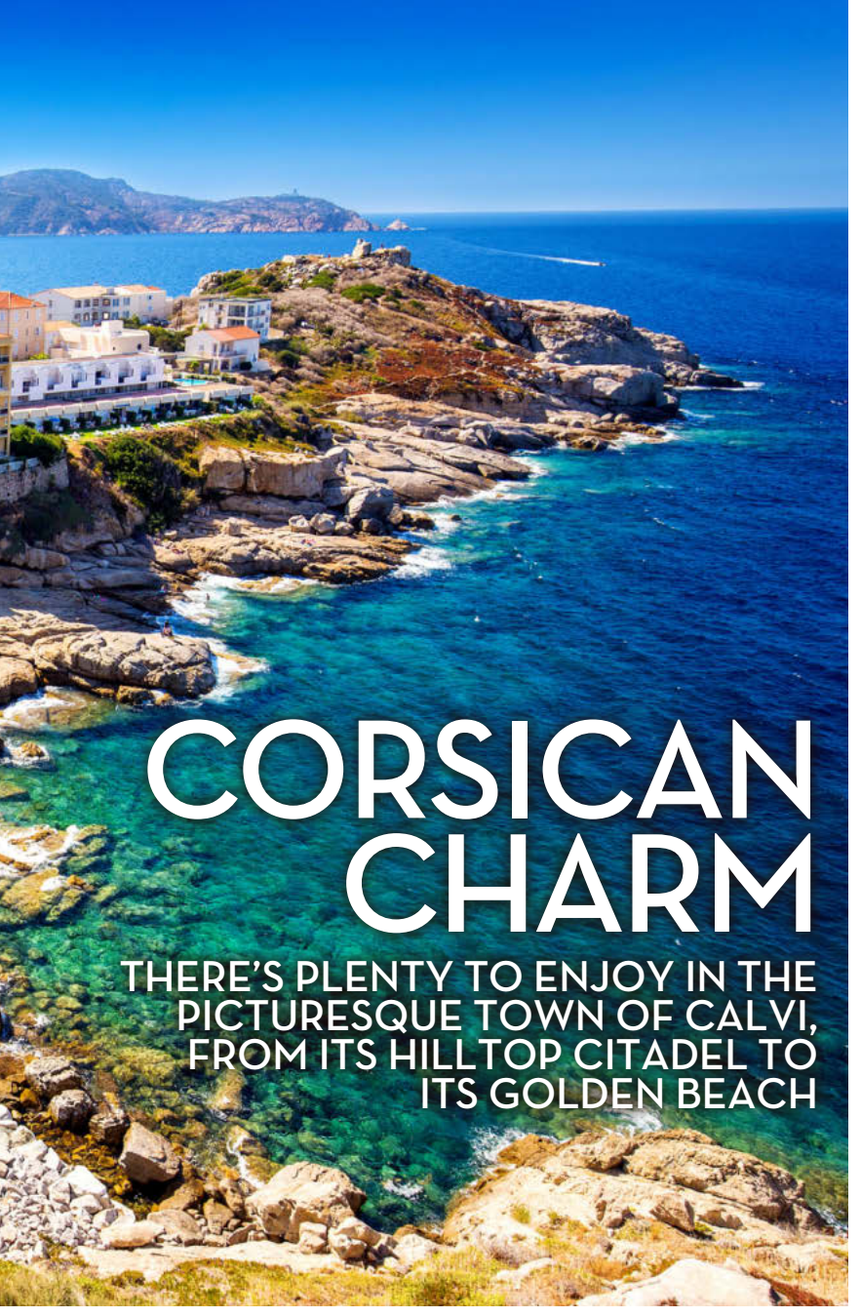
A) Roses. **B)** Lipsticks. **C)** Scarves.

Terms and conditions

The Serenata Flowers Prize Draw is open to residents of the United Kingdom who are aged 18 years or over. Competition closes at 5pm on Tuesday July 4, 2023. Employees of Serenata Flowers and their immediate family members are not eligible to participate in the activity. By entering the Prize Draw, participants agree to be bound by these Terms and Conditions. To enter the Prize Draw, participants must provide their valid personal details, including their full name, email address, and UK residential address. Entries received after the closing date will not be considered. Only one entry per person is allowed. In the event of multiple entries, only the first entry will be considered valid. The Prize Draw will consist of 25 winners who will each receive a bouquet of flowers from Serenata Flowers. The selection of winners will be conducted randomly, and the decision will be final. The prizes are non-transferable and cannot be exchanged for cash or refunded. No substitutions or alternative prizes will be offered.



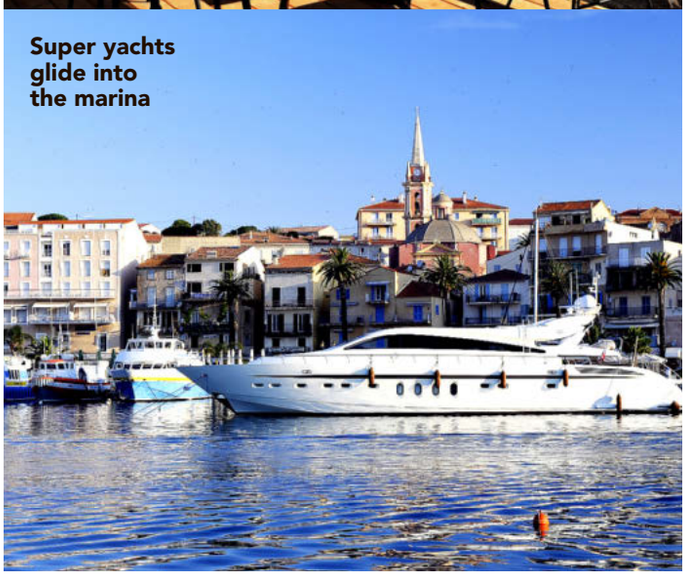
Restaurants line Calvi's atmospheric port



CORSICAN CHARM

THERE'S PLENTY TO ENJOY IN THE PICTURESQUE TOWN OF CALVI, FROM ITS HILLTOP CITADEL TO ITS GOLDEN BEACH

Enjoy a drink at the Marco Plage beach bar



Super yachts glide into the marina

CALVI TOWN

In the north west corner of Corsica, the picturesque town of Calvi is one of the island's most popular places to visit. Overlooked by an imposing citadel high on a hilltop and flanked by a backdrop of towering mountains, it also boasts a sandy beach that stretches 6km round the bay.

Summer temperatures average around 27-30 degrees, with July and August being the busiest months for visitors. Earlier in the season there's a laid-back ambience about the place, so if you're looking for a relaxing getaway next June you won't be disappointed. And if you're visiting in July, watch out for the Calvi On The Rocks music festival, a week of live music and beach parties.

AT YOUR CONVENIENCE

Hôtel La Caravelle is ideally located just a few metres from the beach, so you can be taking a dip in the crystal clear sea or sipping a glass of rosé in the Marco Plage beach bar within minutes of leaving your room. The water in the bay is perfect for swimming in – calm and shallow, if a little chilly first thing in the morning at the start of the season.

A 10-minute walk from the hotel will take you to Calvi's atmospheric port and old town, where there are countless restaurants and bars, not to mention the odd super yacht or two to gawp at. Be sure to walk up into the citadel to explore the cobbled alleys and enjoy the views of the bay.

The hotel itself has clean and comfy rooms set around a pretty courtyard, where breakfast is served daily. Request a room on the upper floors if you want a sea view.

SEASIDE SNACKS

You've come to the right place if you like lunch with a sea view. There are beach bars and restaurants spread out all along the bay, serving everything from local cheese platters to bowls of mussels. We loved the vegan poke bowls at U Pinu, and La Licorne was our favourite for cocktails, with ambient music playing as the sun went down. Most also have sun beds for hire during the day.

In the evenings, we joined the crowds heading to the port for dinner with a view of all the yachts. We were impressed with the menus and service at both Umami, where we had fresh tuna steak on a bed of flavoursome noodles, and Le Comme Chez Soir, where we snacked on jamon croquettes and pulled pork arepas.

In the narrow streets behind the waterfront there are courtyard and garden restaurants with a more local feel. Head to Le Magnolia if posh nosh and twinkling lanterns are your thing.

YOUR TO-DO LIST

Calvi's coastal tourist train stops right behind Hôtel La Caravelle and from there you can travel to the quaint seaside resort of L'Île Rousse, where you'll find another fantastic beach. At many of the stops between the two there are beautiful coves where you can jump off for a swim.

Still not tired of all that turquoise water? Hop on a boat trip to Scandola Nature Reserve, a UNESCO World Heritage Site. The red granite rocks towering out of the sea are truly spectacular.

Take a trip inland to the historic town of Corte, once Corsica's capital, set high in the mountains. Explore the ancient citadel, follow the heritage trail to discover the Genoese bridge and the Belvedere, and soak up the atmosphere in a cute pavement café.

HOW TO BOOK

Corsican Places offers a variety of packages with seven-night stays at Hôtel La Caravelle from £1,149 per person including flights and transfers. Book at corsica.co.uk, or call 01489 866931. OK!

WORDS: BECKY WARD PHOTOS: ALAMY, GETTY

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OK! HOROSCOPES

RUSSELL GRANT

ALL YOU NEED TO KNOW ABOUT YOUR WEEK AHEAD

ARIES
MARCH 21 – APRIL 20

Life is settling into a nice routine, which may be alright for some, but not you, a person who thrives on variety. While you fulfil your usual responsibilities, you're also longing for excitement.
STARLINE: 0905 789 4001**

TAURUS
APRIL 21 – MAY 21

You're torn between keeping to a budget or splashing out on something special. If you've been strict about spending since the start of the year, don't feel guilty about blowing some cash on yourself this month.
STARLINE: 0905 789 4002**

GEMINI
MAY 22 – JUNE 21

Excitement is growing about a holiday or celebration. You're finding it difficult to remain focused on everyday concerns when your thoughts keep taking you to the future and filling you with joy.
STARLINE: 0905 789 4003**

CANCER
JUNE 22 – JULY 23

Events this week will give you chance to have fun, experiment and visit new areas. Your high spirits will increase your partner's admiration, too. If you're single, these will be exhilarating days for romance.
STARLINE: 0905 789 4004**

LEO
JULY 24 – AUGUST 23

A romantic relationship can be just as intense and exciting as you would like it to be. With a little imagination you should be able to come up with some fantastic new ways to add a dash of spice to your union.
STARLINE: 0905 789 4005**

VIRGO
AUGUST 24 – SEPTEMBER 23

You won't mind taking a break from your usual schedule if someone asks you to help them. It can be rewarding to put your own needs and wishes to one side for the sake of a close friend.
STARLINE: 0905 789 4006**

LIBRA
SEPTEMBER 24 – OCTOBER 23

You'll be disappointed by a boss's suggestion that you need to improve your ideas. They aren't rejecting your plans outright, and hope you will interpret their comments as constructive criticism.
STARLINE: 0905 789 4007**

SCORPIO
OCTOBER 24 – NOVEMBER 22

You know that something you are thinking of doing is going to attract opposition from some members of your family. In fact, this issue has stopped you from voicing your ideas until now, but you can't wait any longer.
STARLINE: 0905 789 4008**

SAGITTARIUS
NOVEMBER 23 – DECEMBER 21

Now's a good time for getting to grips with that much-postponed home-improvement programme. It may have been put on hold due to the expense or because you've had to wait for a contractor.
STARLINE: 0905 789 4009**

CAPRICORN
DECEMBER 22 – JANUARY 20

As much as you respect your partner, you can't keep falling in with their suggestions. They have grown far too used to the usual practices, whereas you are starting to become bored and are ready for a few changes.
STARLINE: 0905 789 4010**

AQUARIUS
JANUARY 21 – FEBRUARY 19

There is a strong spiritual feel to your life at the moment. You've grown tired of house mates obsessing over money, so try to disconnect through creative and holistic pursuits.
STARLINE: 0905 789 4011**

PISCES
FEBRUARY 20 – MARCH 20

A partner or relative will upset you by criticising your plans. Don't overreact, though. A calm response isn't what they expect. Just go ahead with some of your intentions and pay no heed to what others might think.
STARLINE: 0905 789 4012**

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